THE CRAZY WISDOM COMMUNITY JOURNAL

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FREE

MAY THROUGH AUGUST 2016 - ISSUE 63

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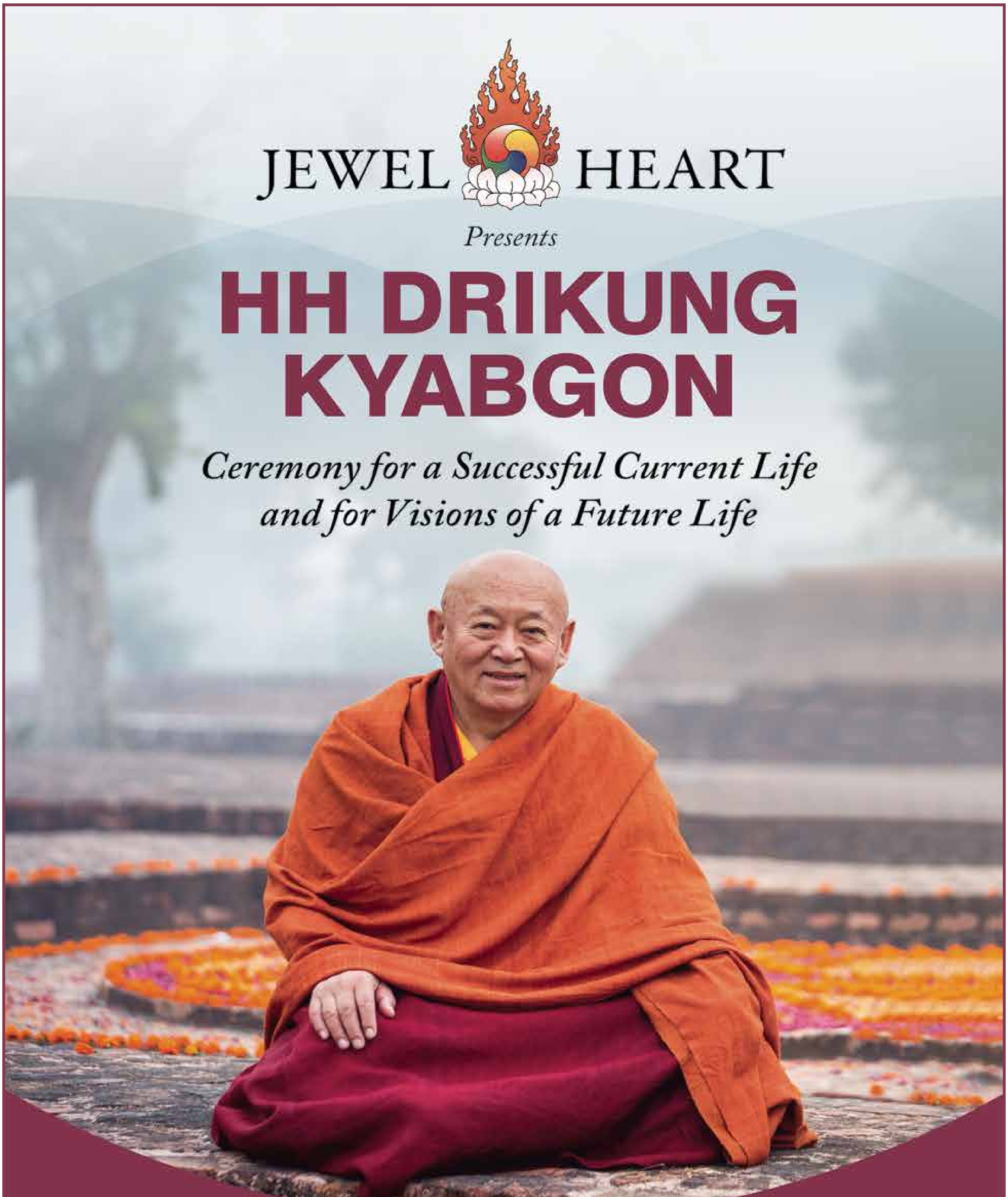

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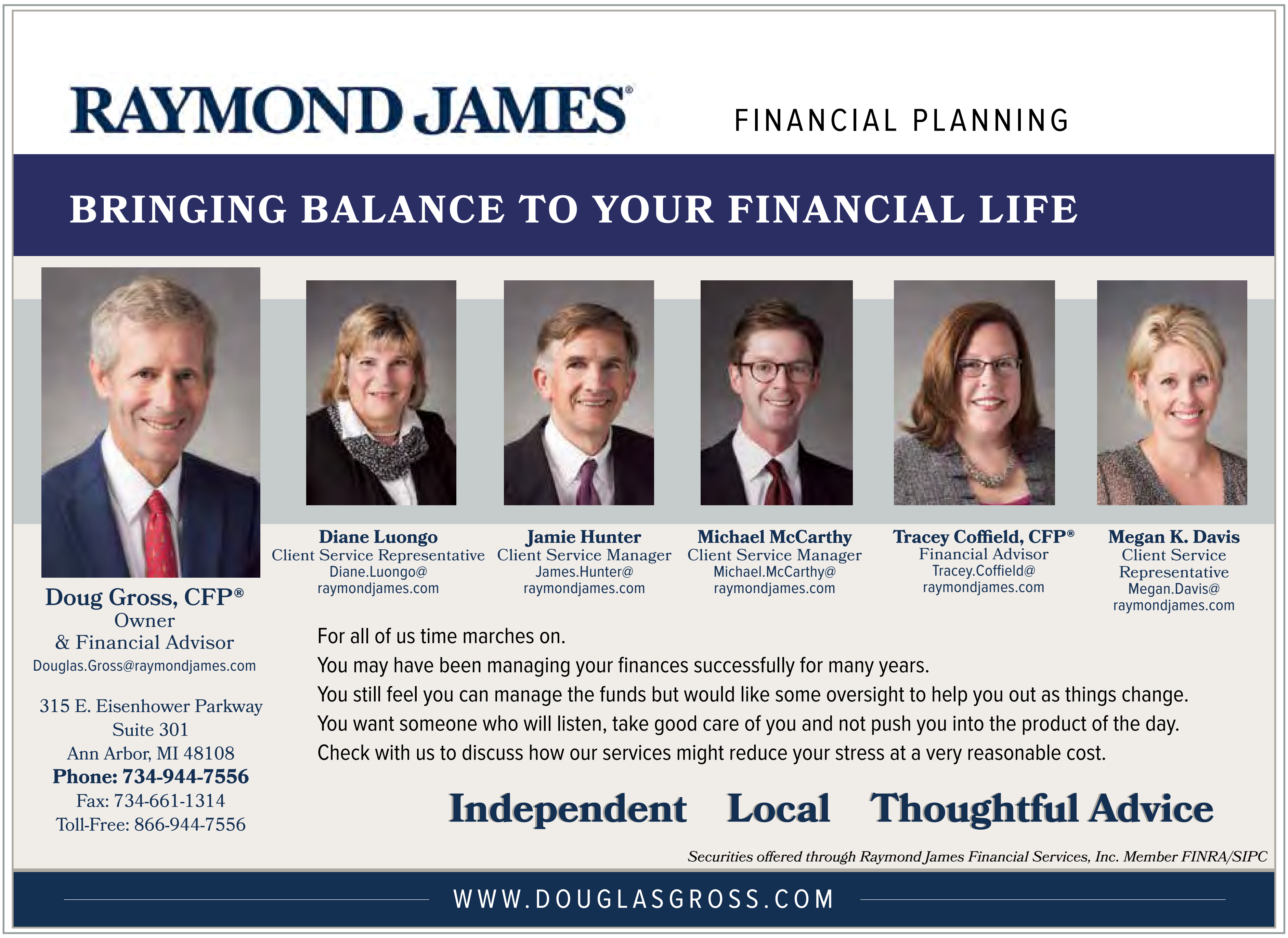

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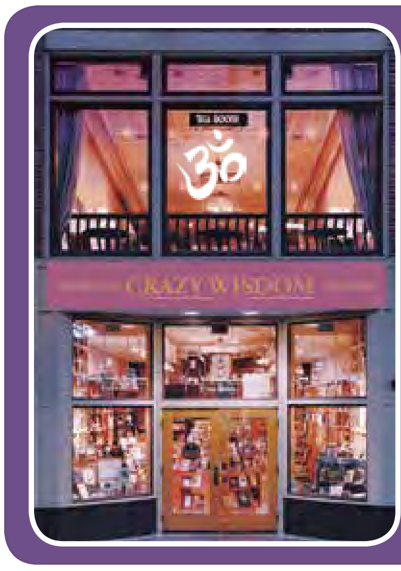

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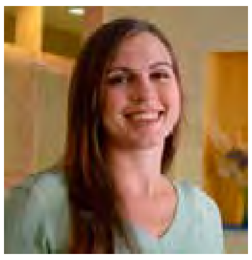

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DANCE MEDITATION TECHNIQUE:
DANCE YOUR WAY TO SELF-REALIZATION

"Northern Lights Theater —The Dance #2" by Johnny Doyle

Article by Sara Vos

ON an unusually warm Sunday in January, people are milling around inside Detroit's archaic Scarab Club (the sign out front notes, "The scarab, an Egyptian symbol of rebirth…"). True to the venue's name, a tribe of Dance Meditation Technique (DanceMT) practitioners, as participants are called, has been showing up every Sunday for a chance to be reborn with more vibrancy and vitality.

Michael Peters is inside, holding the space as a slightly impish and unconventional spiritual growth facilitator. With almost 2,500 Facebook fans as of this writing, Peters is, at least partially if not largely, responsible for the popularity of this practice in southeast Michigan, which began in earnest in 2011. DanceMT, which links movement, music, and meditation, is unique in dance and spirituality circles both for its unprecedented success in such a short amount of time and its seamless synthesis of the dance club scene and the healing arts.

> DanceMT, which links movement, music, and meditation, is unique in dance and spirituality circles both for its unprecedented success in such a short amount of time and its seamless synthesis of the dance club scene and the healing arts.

DanceMT is a powerful, potent dance and qi gong practice that incorporates much of Peters' spiritual training, as well as his capacity for leadership and container-creating. It is about utilizing your tension and trapped emotions to catalyze powerful shifts, to release them to open to your own freer movements and, ultimately, to liberation. It is about laughter and building a community of dancing spiritual seekers — naturally, without trying. People come together. It is a practice that requires a touch of fearlessness, as well as a desire to focus inward — both of which are cultivated more and more, the more you experience it.

Peters notes, "A lot of the modalities like ecstatic dance, dance church, rhythmic renewal — these kids don't have a technique, so it's just people dancing without drugs or alcohol, which is wonderful. But it's not giving people real tools to understand why their mind is so frightened, why they're experiencing so much anxiety, and how to become freer of that."

> "A lot of the modalities like ecstatic dance, dance church, rhythmic renewal… [are] not giving people real tools to understand why their mind is so frightened, why they're experiencing so much anxiety, and how to become freer of that."
> —Michael Peters of DanceMT

Peters developed the DanceMT technique after deep self-exploration and spiritual inquiry with a variety of spiritual teachers, including Buddhist psychologist Aura Glaser (Glaser also founded Crazy Wisdom Bookstore in 1982); Amma, the "Indian Hugging Saint"; Gelek Rimpoche, spiritual leader of Jewel Heart, the Tibetan Buddhist Center in Ann Arbor; the late tai chi teacher and healer, Master Gabriel Chin; and one of Master Chin's senior students, Anand Safi. Through his immersion experience in their collected spiritual teachings, Peters overcame suicidal depression and panic/anxiety disorders, and was able to make sense of his experiences in mental hospitals and lockdown facilities.

After years of serious study with his teachers, in particular Anand Safi's "Transforming Tension into Creativity" practice, Peters realized he had become extremely sensitive to his own psychic state and, thus, to other people's thoughts and judgments. "That's what made it possible for me to discover Dance Meditation Technique. I saw it in my own mind. You're not different from other people. To the extent that you can see your own mind, you can see clearly the other people around you. It just happens like that. I started to get the sense that, eventually, one day I would teach this, but it took me about ten years to get to a place where I could do this and where it could happen. Safi told me specifically that when I was ready, it would appear for me in a different way. And it did."

ARTICLE CONTINUED ON NEXT PAGE

DANCE MEDITATION

Michael Peters

To look at the 35-year-old Peters now, with his easy grin and mop of curls, it is challenging to imagine what those years of his youth must have been like for him — and yet, contained within (and beyond) those seal-brown eyes and laugh lines is a graceful humility: I-Am-One-Who-Has-Been-There-and-Overcome. Within DanceMT as a container for sacred evolution is Michael Peters as leader, yogi, jokester: What good is sorrow, without a few well-timed belly laughs? He gets it. With a countenance that conveys hard-to-come-by humility, people feel safe to be themselves around Peters.

Because anonymity and privacy are foundational elements of DanceMT — thereby providing safety for the practitioners — taking photos or videos is not allowed. There is no such thing as voyeurism here, only active participation. These and other components of this “inner container” are part of what makes this practice so radically transcendental.

The session starts with an introduction to the basics of DanceMT, which includes an agreement that practitioners will not watch each other, followed by a facilitated ten-minute sound and movement catharsis. After this, the 90-minute session (called “the practice”) begins. During the practice, people are encouraged to dance freely while maintaining an inward focus, and to release emotions and express themselves audibly to the best of their ability.

> Because anonymity and privacy are foundational elements of DanceMT — thereby providing safety for the practitioners — taking photos or videos is not allowed. There is no such thing as voyeurism here, only active participation.

Peters plays the music at a loud volume, which creates a sense of ease and anonymity. As trauma researchers have noted, releasing trapped energy with sound and movement aids in healing and resolution. The DanceMT container creates a safe space for practitioners to explore training their minds to release judgment of self and others. It is 90 minutes of practicing “freedom from social compulsion.”

Peters explains, “People talk a lot about ‘safe, sacred, judgment-free space,’ but almost no one knows how to create that. When we’re with each other, we’re programmed. We’re really scared. We’re afraid we’re going to be rejected; we’re hoping we’re going to be accepted. All I do is help people see why we’re scared, and allow people an opportunity to practice doing the things that make us comfortable. The technique is specifically addressing all the mental fears that anyone is having at any time in any social situation. It’s addressing social compulsion — compulsive social behavior. Automatic, non-responsive, programmed social behavior.”

He continues, “So many people’s social situations are so broken, they’re looking for mothers, fathers, brothers, sisters. Deep needs are wanting to be fulfilled or deep fears are looking to be avoided, and this is what compromises our social experience. If you watch people at a bar or at a club, they’ll sip their drinks, and their eyes are watching around and darting. A squirrel at a bird feeder does this: They take a little bit to eat, and then they’re looking around — they’re looking for danger. Is there a hawk? A kid with a BB gun? A cat? And see, that’s wisdom. If a squirrel didn’t do that, it would be killed very quickly. So, our fears are based in wisdom. What we did learn growing up is that if we aren’t careful, we will be rejected, we will be ostracized, we will be exploited...So these are not hallucinations.”

DanceMT’s dance floor at the Scarab Club Detroit (getting refinished)

At DanceMT events, Peters shares his knowledge and experience about re-training the mind and body to release fear through accepting our fears and acknowledging them, instead of trying to bypass them vis-à-vis “positive affirmations” and other common techniques within the holistic health and spirituality movements.

What makes DanceMT different from yoga or other dance rooms is the emphasis on remaining inwardly-focused, while supporting other participants. Before the practice begins, Peters takes practitioners through various exercises that showcase the mind’s fears and reactions to being the only one to make sound or to move. In order to alleviate those fears and judgments, practitioners are guided to continuously move throughout the practice; to respond with sound in kind whenever another practitioner makes a sound (“mirroring”); and to return to the basic “catharsis” shaking and sounding whenever their thoughts, fears, or judgments start to loop through their practice. Participants are taught that when they are no longer able to come up with vocal release on their own to use “jai!,” a Sanskrit word that Peters translates as “victory over suffering.”

> During the practice, people are encouraged to dance freely while maintaining an inward focus, and to release emotions and express themselves audibly to the best of their ability… As trauma researchers have noted, releasing trapped energy with sound and movement aids in healing and resolution.

He explains, “We don’t even tell people how to dance… It’s about getting in touch with your instincts. Your ability to focus inwardly while being around other people just gets more and more and more profound. And you can use that anywhere, and everywhere, all of the time.”

The very first DanceMT was held at Royal Oak’s SkyLoft in 2009. Frank Raines, founder of Detroit’s popular dance event “Funk Night,” DJ’d the event. Although the first DanceMT event was very successful in terms of attendees, Peters realized he was not yet emotionally or spiritually capable of sharing the practice in the ways that would realize his deeper visions of healing and wellness for the Metro Detroit area, so he shelved the project for two years.

DanceMT was reborn on November 11, 2011, and has been continuously held ever since. The site of the rebirth was Jessica Hernandez’s Bakery Loft, the same location where Hernandez formed Detroit Soup. (Detroit Soup is a catalyzer and fundraiser for local Detroit companies to receive small grants based on proposing their ideas to a crowd, while sharing a meal.) “Unbeknownst to me, 11-11-11 was [the date I had chosen] to re-launch,” said Peters. “That was the first of many auspicious date/time situations that have occurred for us, in terms of astrology, sacred geometry, and numerology. I’ve never sought out to land on those dates; it just [happens that way].”

> “Through the creative mix of DMT’s teachings, catharsis, music, and freestyle movement, I leave the class exploding with happiness, my emotional clutter exhausted and my greater truth loud and clear for me to hear.”

Peters’ vision also has created longer DanceMT events that encompass more than sound and movement. The 11-11-11 event that incorporated the re-launch of Dance MT was the first of its kind in the area — live art and healthy food and drinks, combined with movement practice in an intentionally drug-and-alcohol-free space.

Live painters swept canvas sheets with swaths of multicolored hues as part of "The Angel Project," Peters' creative gift to blighted Detroit areas with angelically-focused squares of heartfelt beauty — a DanceMT version of Tibetan prayer flags. Pieces from The Angel Project have been shown at various Metro Detroit locales, and have provided the backdrop and side panels of some outdoor DMT events, including at Song of the Morning Retreat Center's annual YogaFest.

2012's Winter Solstice "Temple of Devotion" event was a particularly powerful evening, spanning eight hours and including live painting and drumming, donation-based bodywork, sacred song and chanting, community-created altars, guest meditation and qi gong leaders, and more, in addition to the focal DanceMT practice. As always, guests were invited to enjoy healing herbal teas that Peters provides, as well as the organic, local food that is sometimes a part of the gatherings.

The January 16, 2016, DanceMT practice at The Scarab Club pulled in newcomers from all over the Metro Detroit area, and I caught some of their responses. First-time participants shared their reactions: "I feel good moving in my body," "I have a sense of emotional freedom I didn't realize was missing," and "I'll definitely be back." One veteran DanceMT practitioner, Jennifer Silverston, who also teaches chi gong and tai chi professionally, has been to The Scarab Club DanceMT events every week since November. She appreciates these events as a vital component of her spiritual and physical practice.

> Ideally, most of our life can be lived in that uncontrived, spontaneous, authentic, *real* space. The essential universal nature is creative, poetic, artistic, musical — so you are that. You are absolutely that.
>
> —Michael Peters

Meg Paul, Wayne State University Theatre and Dance faculty member and Artistic Director of the WSU Dance Workshop, is an ardent DanceMT practitioner. "Dance Meditation Technique is special. It has led me to the greater truth of who I am and has allowed me to find real compassion for myself and for all of life. Through the creative mix of DMT's teachings, catharsis, music, and freestyle movement, I leave the class exploding with happiness, my emotional clutter exhausted and my greater truth loud and clear for me to hear." Paul, like many, feels she has found something unique and extraordinary right here in Metro Detroit's very own dance halls, yoga studios, and art galleries. Without any press or publicity, DanceMT is a quiet movement of spiritual seekers dancing for liberation from suffering and freedom for all beings, especially for themselves.

Peters summarizes, "When no one is looking, that's when you have the opportunity to stumble on true, authentic movement — not contrived, [but] spontaneous, vivid. Everyone who's done it knows the feeling... A few seconds here, a few seconds there... Then moments, then hours... Then ideally, most of our life can be lived in that uncontrived, spontaneous, authentic, *real* space. The essential universal nature is creative, poetic, artistic, musical — so you are that. You are absolutely that. Anytime you are put in touch with your energy source, that is creative."

Dance Meditation Technique mini-retreats happen every Sunday from 10 a.m. to 12 p.m. at The Scarab Club, 217 Farnsworth Street, Detroit, 48202. DanceMT Facilitator Training and other educational immersions are now being offered online for those seeking further instruction in how to experience, integrate, and/or facilitate the practice. Keep up-to-date with current offerings at www.facebook.com/dancemeditationtechnique/ and at www.dancemt.com.

Michael Patrick Peters is the creator of Dance Meditation Technique. He is a father, green business entrepreneur, gardener, transformational event planner, artist, musician, and poet. Learn more about him and his work at www.donebyimaginedo.com.

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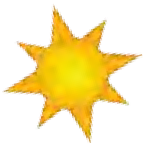
Grasslands

By Joshua B. Kay

I learned firsthand that grasslands can dance when I was sixteen or seventeen. Sure, I had heard as much, and probably had read it, too. Yet growing up in Southern California, such things seemed mysterious and distant, evocative of vast plains and wagon trains. I was hiking with Lee in the Santa Monica Mountains near Los Angeles. We had puffed our way up the Chumash Trail, a dusty climb without switchbacks from the sea into the coastal hills. After pausing at the top amongst the prickly pear and yucca to admire the blue-green Pacific, we set off inland across rolling terrain. I remember cresting a hill some time later and being met with an undulating spread of grass that appeared endless. The grass shimmered and roiled in the breeze, alternating green and flashy silver in the high sunlight. The air was filled with a rasping, steady "shhhhhh" that was both lulling and invigorating. The grass appeared to be a single, churning unit. We stood silently at the edge of the great expanse, hushed by the grass as it bowed and twisted.

When we were ready, we plunged ahead, following a narrow trail. There were no signs of civilization, and the route was not marked despite numerous junctions. Still, we had a book, *Hiking Trails of the Santa Monica Mountains* by Milt McAuley, and we tried as hard as we could to follow its instructions exactly. At every intersection, we checked the book, turning this way and that, taking our direction from the sun, trying to gain our bearings. Eventually, reddish sandstone outcroppings loomed nearby, their rust color especially striking against the deep blue sky. The magnificent grasslands gave way to scrub.



At every intersection, we checked the book, turning this way and that, taking our direction from the sun, trying to gain our bearings.

It was a long time before Lee and I realized that something wasn't right. We had taken a wrong turn at some point, maybe in the grasslands, maybe amongst the rocks. There was no telling now. We paused, shook the book, and cried out to the heavens as we often had before, "Damn you, Milt McAuley!" Then, as usual, we cracked up. Truly, it was a delicious feeling to be a little bit lost together in nature, so different from the traffic and buildings and ready landmarks of the city.

Lee and I met in seventh grade. He was quiet and shy, but we connected somehow. I remember that it was in his sharp, clear eyes that I would see the first sign of whatever was coming next, a smile or laugh or insight, and seeing the initial spark, I would wait for whatever was in store. Lee's ideas were worth waiting for. He was careful with his words. Each one counted.

Lee was the most well read peer I had ever met. His parents had converted a bedroom of their house into a library, and sometimes I thought that he must have read every one of their thousands of books. He was well versed in cinema, too. His family had a VCR and cable TV long before mine did, and bulky tapes full of screen gems lined several shelves in their small den. That's where Lee introduced me to Monty Python's Flying Circus and classic movies and horror films. He understood storytelling, whether written or visual, and we would talk late into the night about what we had watched and whether and why it had worked. His appreciation fostered my own.

As middle-schoolers, we regularly walked the arid hills above his house.

We shared a love of the outdoors, especially hiking. As middle-schoolers, we regularly walked the arid hills above his house. Later, when we got our drivers' licenses and could set up car shuttles, our local scrambles matured into frequent treks farther afield, especially in the Santa Monica Mountains. It was not unusual for us to ramble ten miles or more. My memories of those hikes are among my most cherished — cacti in frenzied bloom, worn sandstone cliffs, a rock wall littered with fossils that we stumbled upon when happily lost ("Damn you, Milt McAuley!").

My parents had divorced two years before I met Lee, and as high school wore on, I struggled with anger and anxiety. Lee, in contrast, seemed unflappable, calm, even serene. He had two parents and no siblings at home, a home where he and I became like brothers. I think, looking back, that I grew jealous of his intact family and apparent inner peace. And so, like a brother, I occasionally took my feelings out on him. I wanted to see if he, too, could get angry. The answer was yes, but it took a lot of effort on my part, and it meant that sometimes I was a total jerk. Mostly, though, he responded gently, and through it all, he stood by me. I recognize now that Lee was wiser than his years. He did not allow my troubles to define me in his eyes, and he was patient and forgiving. Perhaps I was worth waiting for, too.

We stood silently at the edge of the great expanse, hushed by the grass as it bowed and twisted.

Neither of us is a particularly good correspondent. When we attended different colleges across the country, months sometimes passed with little contact. But during school breaks, we would pick up right where we had left off. That ease of connection, while wonderful, probably contributed to both of us feeling too comfortable with the lack of contact during the school year. Why worry when we could reconnect effortlessly?

After college, I moved to Michigan to attend graduate school. Lee headed back to California and promptly moved to San Francisco. We saw each other from time to time and spoke sporadically, but our bond remained solid. For me, our friendship was a steady reminder that there was someone out there, besides family, who knew me nearly as well as I knew myself.

It was during a period of sporadic contact that Lee met Rebecca. She was joyfully exuberant; he remained quiet and deliberative, yet their connection was undeniable. She fell hard for him, and while he took longer to commit than she liked, after several years they got married. I was Lee's best man. During their courtship, I gradually came not just to like, but to love Rebecca. Her devotion to Lee was clear, and she embraced his friends, including me. Her generosity was remarkable, and she enjoyed nothing more than welcoming and sharing with others. She brought Lee a degree of happiness that I had never seen in him. They both had an artist's eye and enjoyed creating beautiful homes together. Rebecca became an award-winning nature photographer, and they traveled all over the world. One of my great pleasures was to get them both on the phone to be regaled with tales of adventures to places like Antarctica, Midway Atoll, and Ethiopia. Through their stories, and through Rebecca's photographs, I, too, got to travel.

For me, our friendship was a steady reminder that there was someone out there, besides family, who knew me nearly as well as I knew myself.

One evening nearly three years ago, I was in my kitchen when the phone rang. The caller ID displayed Lee and Rebecca's number. It had been some time since we'd last talked. Slouching happily against the counter, I answered, "Well, hello there!"

They were both on the other end, which wasn't unusual. But when they replied, I heard a careful neutrality in their voices. After their hellos, Lee fell quiet, and Rebecca asked, "Are you sitting down?"

"No," I said slowly. I didn't sit down. "What is it?"

Rebecca told me in a matter-of-fact tone that she had colon cancer, and that it had metastasized all over her abdomen. The doctor said that she had two years. I couldn't believe what I was hearing. All of us were in our early forties.

"There's no treatment?" I asked feebly.

Rebecca's voice softened as she said, "The two years is with treatment." She sounded sad, almost apologetic. Standing in the dark kitchen, I started to say how sorry I was, and then my voice broke. Rebecca and Lee consoled me, and when I confessed my shame about their having to do that, they reassured me that they had had some days to reckon with the news.

She brought Lee a degree of happiness that I had never seen in him.

I flew west for visits several times over the course of Rebecca's illness. One of those visits happened around twenty months after that first phone call. A couple of days into the trip, Lee and I stayed up into the wee hours drinking fine Scotch that Rebecca had given him to share. She didn't have a lot of time left, and the conversation was direct yet surreal. I'd never thought that a friend and I would talk so soon about the impending death of a spouse. I was particularly struck by the myriad hard decisions that Lee told me they had made during her illness, decisions about complex treatments and risky clinical trials and how to honor her after her death. Overcome by a wish to undo all of it, to spare my friends their pain, I shook my head, stared into my Scotch, and said, "We're not twelve anymore, are we?"

Lee barked out a single, harsh laugh. "No," he said. "No, we're not."

When I visited again nearly three months later, Rebecca was in the hospital. Cancer riddled her lungs. A wracking, gagging cough sometimes gripped her, some spells so bad that she required medication to recover from them. Other times, she rested easy, and she measured her words so as not to lose her breath. When Lee stepped out of the room now and then, Rebecca, concerned more for him than for herself, would ask quickly, "How is he?" In a way, I also was worried more for him than for her. She faced death with remarkable grace. He faced grief and long loneliness.

> I'd never thought that a friend and I would talk so soon about the impending death of a spouse.

During a phone conversation a few weeks later, I could hear the hiss of oxygen in the background, but I'd caught Rebecca on a good day. She said she had more energy than usual, and her pain was under control. I noticed that her voice was strong, though she still had to measure her words. I asked where she was. "Propped up in bed," she replied cheerfully, and I pictured her in their bedroom with its creamy plaster walls and restored wood trim aglow, the sunlight through the French doors complementing her red hair and fair, pink cheeks. She was surrounded by some of her favorite photos, including one of a fluffy albatross chick on Midway Atoll and others of penguins and polar bears. Several days later, I spoke to Lee. He said that she was doing better, and they were hopeful that they could get her downstairs. I thought that maybe she could even get outside to the garden they had designed, the one that smells of sage and flowers and lemons.

But then Rebecca's condition declined rapidly, and she was admitted to the palliative care unit of the hospital. Lee sent a short email that the end was drawing near, and he would be by her side and unavailable by phone. And so I waited. Sometimes, I looked at the pictures on her website, finding comfort by immersing myself in her beautiful vision. For the most part, though, the last days of her life were marked by a dreadful, expectant silence, as if I were awaiting a terrible noise that I knew would come but could not know when.

In a way, I also was worried more for him than for her. She faced death with remarkable grace. He faced grief and long loneliness.

In the end, despite the length of her illness, Rebecca's death felt sudden. Perhaps it was the swiftness of her decline after the hopeful signs that she'd shown so recently. Or maybe it always feels this way to lose someone close, because the end is a sharp, singular moment.

My sadness for Lee is like a sickness that has burrowed deep into my bones. My brilliant, quiet friend, with whom I've shared so much, and from whom I've learned so much, found an unlikely soul mate. And now he has lost her. His eyes, expressive as always, are filled with sorrow. Seeing that triggers in me a yearning to turn back time. Despite all of the joys in my adult life, there is a part of me that wishes that Lee and I were in high school again, unknowing of this pain, learning firsthand that grasslands can dance.

In the end, despite the length of her illness,
Rebecca's death felt sudden....
maybe it always feels this way to lose
someone close, because the end
is a sharp, singular moment.

Joshua Kay teaches in the clinical program at the University of Michigan Law School. He previously taught and practiced psychology at U of M's Mott Children's Hospital. Josh blogs at www.thehoppingmind.com and he can be reached at kay.joshua@gmail.com.

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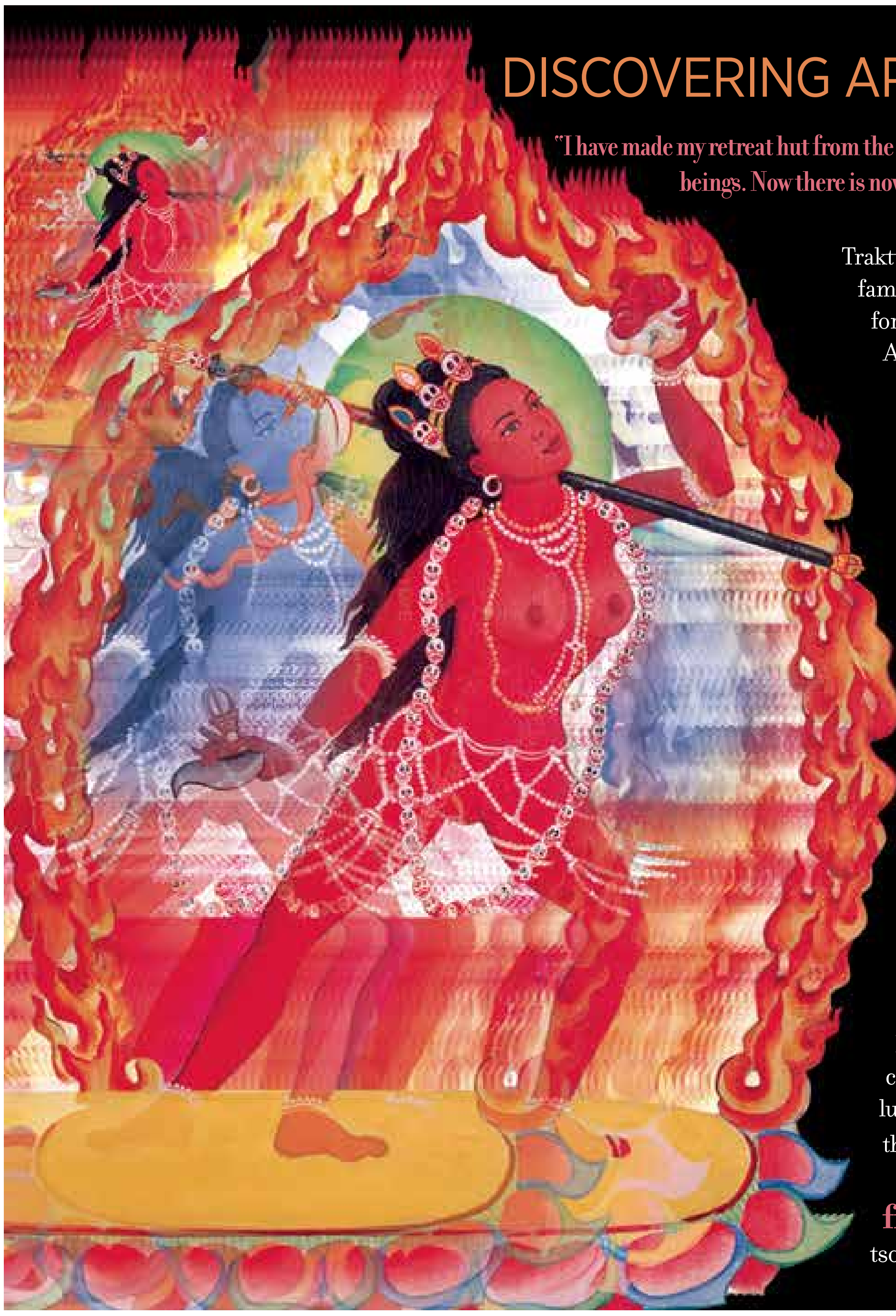

DISCOVERING APPEARANCE AS DIVINE

"I have made my retreat hut from the fabric of appearance and hidden my love in the guise of all beings. Now there is nowhere that is not joy, no one who is not a friend." –t.k.

Traktung Kepa is an awakened sage, farmer, poet and family man who has taught the path of Buddhist Tantra for the last 27 years to the Tsogyelgar Community in Ann Arbor, Michigan. This vibrant community of 70 or so people has developed a way of life which makes the ancient Tantric Buddhist path a living reality here and now.

Offering the teachings in the style of the earliest Tantric masters, t.k. integrates every aspect of the path into daily living through practical demonstrations of how to turn passion and aggression's confusions into wisdom bliss. t.k. rarely teaches in public but has kindly agreed to give a series of talks this summer. **Teachings are always free.**

June 22 Un-Reasonable Happiness: Circumstances can bring joy or sorrow but there is a divine happiness that is untouched by events, happenings, circumstances and this wisdom bliss is the deep forever of our lives and beings. **7:30 pm, at Crazy Wisdom in Ann Arbor**

July 27 Tantra—Sex, Laughter and Death: Tantra is a technology that takes us as we are with all of our passions and confusions, insights and sufferings and offers a technology for transforming every moment of life into wisdom bliss. **7:30 pm, at Crazy Wisdom in Ann Arbor**

August 24 The Heart of Awareness: It cannot be bought or sold. It cannot be given or taken away. It cannot be revealed or concealed. In its essence it is unspeakable mystery, in its nature it is unstoppable luminous bliss, in its manifestation it is truth, beauty, goodness—the wonder of three that is also one. **7:30 pm, at Crazy Wisdom in Ann Arbor**

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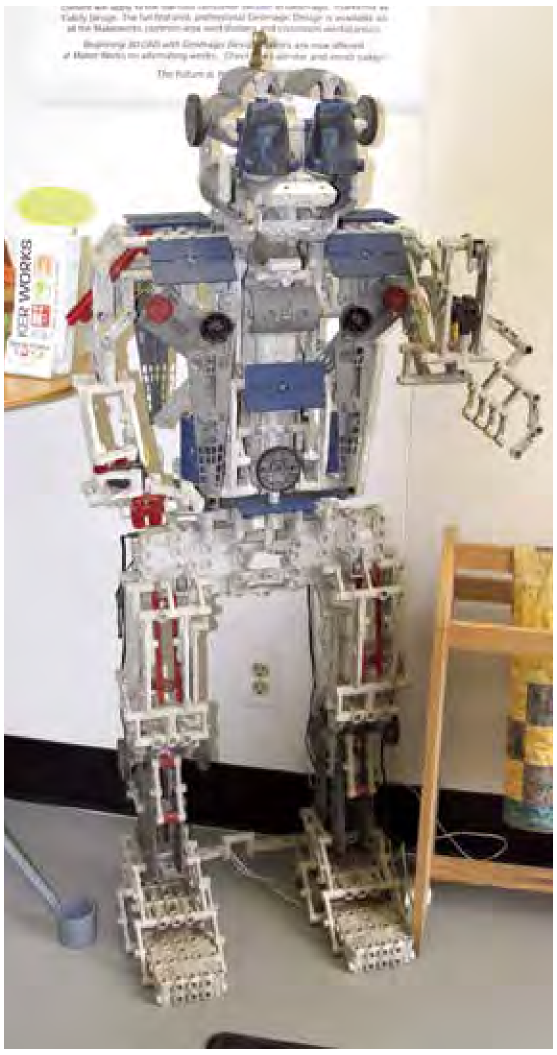
Making It In Ann Arbor:

Maker Works Give Your Creativity Space to Flow

Article by Kirsten Mowrey • Photography by Susan Ayer

> "Write it. Shoot it. Publish it. Crochet it, sauté it, whatever — MAKE."
> ~Joss Whedon


MAKER WORKS

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Article Starts on Next Page

Maker Works Give Your Creativity Space to Flow

Article by Kirsten Mowrey • Photography by Susan Ayer

We are in the midst of a quiet revolution, creeping from the secret places of our souls into the light of daily life: the desire to create, to build, to invent, to explore the world using our hands and our senses, and to do it in community. While sprouting everywhere, in Ann Arbor this "Maker Revolution" has the possibility to grow in bigger ways.

A local business expressing this cultural possibility is Maker Works. This member-based workshop focuses on satisfying a rising desire for craft and skill, and building a community of supporters.

KC Dixon, shop manager

Tucked away in the industrial area just north of the airport and just south of Zingerman's Southside is a shop — and not just any shop. It is a makers' shop where any member of the public can come, learn, and make their creative dreams come true.

"Makers" is the modern term for a blend of computer design, machining, D.I.Y., and craft. It's "the garage workshop" with the addition of technology and programming. Some pieces are done by hand, some by machines running on computer programs. Some parts are controlled by circuits, which can be created from scratch or adapted from a template.

Walking into Maker Works, the main room is brightly lit, with a long desk, two clusters of computers for designing projects, and a long wall punctured by doors. Bulletin boards dot the wall: Business Strategies, Events and Groups, Business Cards. The mix on the final board is intriguing: architect, blacksmith, puppeteer, timber source, patent lawyer, quilter, artists of all types.

"Makers" is the modern term for a blend of computer design, machining, D.I.Y., and craft. It's "the garage workshop" with the addition of technology and programming.

KC Dixon, the shop manager, stands by one of the computers overlooking a 13-year-old boy. Before he turns to greet me, I hear him comment on what's on the screen. He tells me he will need more time to finish his tutorial. I wander off to explore, poking my head into the small, tool-crowded circuits room that adjoins the computer lab and continue around the corner where several sewing machines occupy tables. At one end is a heavy door, with a rack of safety glasses and a sign informing me I must wear them beyond this point.

Here, in the metal shop, I pass through large storage areas before entering the tool area. I feel a change in the air here. I sense not just the exhaust, but the lingering whiff of intense focus mixing with oil and metal. Through another door and on my right is the backlit "DO NOT LOOK DIRECTLY AT THE ARC WELDER" sign, warning me to be careful where my eyes stray. No one is working here currently, tall machines standing quiet, awaiting use. A bin labeled "scrap" tantalizes me with cutout sinuous shapes. I've reached the back of the shop, so I turn to my left, to the wood area.

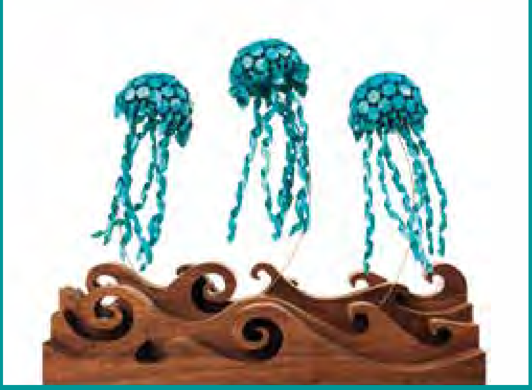
Five members are scattered around the room at various machines and tables, measuring, aligning, or staring at plans.

Though windowless, this room is bright and airy, with high ceilings. Five members are scattered around the room at various machines and tables, measuring, aligning, or staring at plans. I catch the eye of the man running the ShopBot, a massive machine that dominates the far wall, with a long horizontal surface and a vertical cutter. We chat while the machine cuts circles in a piece of wood, moving precisely from one to another. Einor Jacobson tells me he's doing a "fun project" with LED tubes — the machine is cutting the stand he will place the four-foot long bulbs in later. When I ask about his projects, he enthusiastically shows me photos of a tree he cut on the same machine last year for an event at his office. The tree has elongated scrolling limbs and an elegant 8-foot height, and I could easily imagine it as a play prop or in a kid's bedroom. While we chat, the other members around us continue working. I recognize their gentle focus, having felt with my own projects how time becomes immaterial as you immerse yourself in work. The atmosphere is distinctly inventive yet the machines give the room an industrial feel. I exit the shop, place my glasses in a different rack, and return to KC.

A bin labeled "scrap" tantalizes me with cutout sinuous shapes.

When I ask him what a makerspace is, Dixon, a genial young man with tousled black hair in his thirties, enthusiastically compares it to a gym where you can go for a satisfying physical and mental workout. "I describe this makerspace as a gym with tools; instead of having like a treadmill, you can work on our actual mill. Instead of lifting weights, you can use the handsaw to make a bench rather than using a bench."

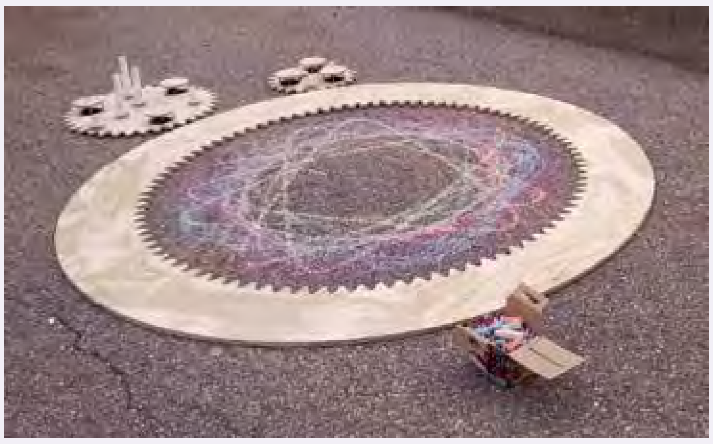
"People have been doing this—," he said gesturing to a wooden bench in the corner, "forever." But, "This here," he said, sweeping his arm across the expanse of Maker



INNOVATIVE ORIGAMI

by Beth Johnson

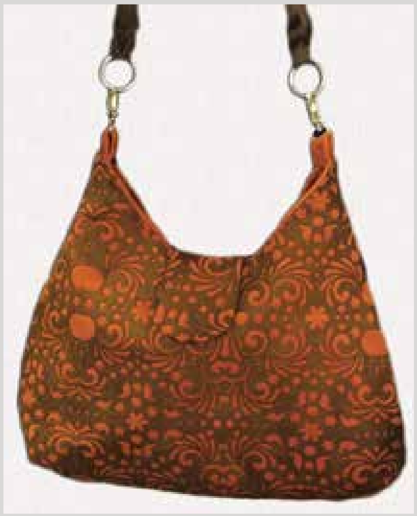
Beth Johnson's origami is on display around the world, from Ann Arbor, to Oberlin, Ohio, to New York City, to Spain. She primarily uses the vinyl cutter, and sometimes the laser cutter, to score paper before folding. For the jellyfish display piece (pictured above), she used the Maker Works ShopBot. The ocean waves are cut from walnut wood.



GIANT SPIROGRAPH

by Steve Teeri

When Steve Teeri first saw an eight-foot diameter sidewalk chalk spirograph online, he knew he had to try making one himself. What he ended up with is an incredible eight foot diameter spirograph that accommodates three different sizes of gears. When filled with chalk and placed on a sidewalk, users can easily create fun, non-permanent outdoor art. Steve used the ShopBot to cut out the shapes from wood.



LASER CUTTING FABRIC

by Je'Tone Alexander

An Epilog laser cutter is typically used to make things like custom stamps, greeting cards, drinking glasses, and so on; Maker Works staff member Je'Tone used the laser cutter and two pieces of fabric in contrasting colors to make a beautiful bag as a gift for her sister.

RIGHT: A member working on the Clausing Colchester Engine lathe, a metal lathe for doing precision work on both metals and plastics. LEFT: The Bridgeport 2J vertical milling machine is among the most popular metal-working machines in the world.

Works, "is a new idea." He grins and continues in his husky voice, "There used to be co-op shops you could buy into, but a makerspace where *anybody*, I mean *anybody*, can come into [it], that's new."

When I ask what is hot, Dixon replies immediately, "The laser cutter, for plastic. It's accurate and you can engrave, it's really approachable. The Shopbot C.N.C. router — you use the same drawing, out of wood."

Maker Works has daily, monthly, and yearly memberships offered at different rates depending on whether you are a student, a family, an individual, or a business. To use the tools, you pay a fee, and the use of most tools requires taking a checkout class regardless of how you join or how much experience you have.

"Safety is one of our biggest concerns," said Dixon.

> I would feel bad if someone hurt themselves. If it's delicate or dangerous, it requires a checkout class. [The class is] focused on safety. We're not gonna have you shoot a board across the room. Also, for the tools, if you use and abuse *your* tools, that's one thing, but if you use and abuse our tools, you walk away. We want to have the tools accessible for everyone. We have skill development classes to make you an awesome woodworker, and we offer consulting on projects as well.
>
> With that, in a gym with tools, I'm the personal trainer. I'm not going to lift the weights for you, you do it. But I will tell you, 'O.K., now get the table saw set up,' and guide you.

"We have eight separate small businesses actively tied to this space: green energy tech, wood products, artists on commission, museum installations. They are making a living."

Not all tools are created equal, with some more popular than others. When I ask what is hot, Dixon replies immediately, "The laser cutter, for plastic. It's accurate and you can engrave, it's really approachable. The Shopbot C.N.C. router — you use the same drawing, out of wood." C.N.C. stands for computerized numerical control, where you have a design that you have created with software, that you upload into the tools. C.N.C.s are able to make highly accurate cuts and waste less material. This is how Jacobson was able to chat with me while the cutting happened; he had loaded his program and was watching it execute.

I ask KC to explain a typical member's day. "Coming in, heading to metal shop. Before they came in, they made a reservation on the tool, so we know they have it for two hours. They are going back to the metal shop working on stuff. They finish the job. On their way out, they decide to do something else, sign up for a tool or a class or work on their CAD files."

"We have eight separate small businesses actively tied to this space: green energy tech, wood products, artists on commission, museum installations. They are making a living. This is their shop and they are here everyday. We have hobbyists. We have people coming in and doing jobs for others in the community. We have high school students coming in here and building robots. I love coming to work, it's awesome."

Dixon drew their business principles for me on the whiteboard: two triangles with different labels. The sides on the first triangle are labeled: people, profit, planet. "We want to hit all of them. We try to be green, we try to be mindful, we recycle." The sides on the second triangle are labeled: maker$, 1099, and students. Maker$ refers to individuals whose primary income comes from making, while 1099 is the IRS tax code for independent contractors. The diagram is a flow chart, where the flow is from each group back to the other. Dixon explained the prosperity flow between Maker Works members: "The 1099s turn into the maker$, who can have that avenue to make some extra money. At the same time, maker$ can use 1099s when they need to, as employees or partners. Students then create a bridge to the 1099s."

I recognize their gentle focus, having felt with my own projects how time becomes immaterial as you immerse yourself in work.

"If this interaction happened anywhere else in the world," he explained, pointing to the "maker$/student" flow, "it would be like, 'Hey kid, get out of my way." Dixon's eyes alight and he becomes more animated. "Here, I'll see the kid on the laser and I'll hear this crazy screaming, and I'll tell the kid, 'You need to slow it down. You need to hear the machine vibrating. You want to be listening for this.' And that kind of passive skill development, it's cool to see it happen."

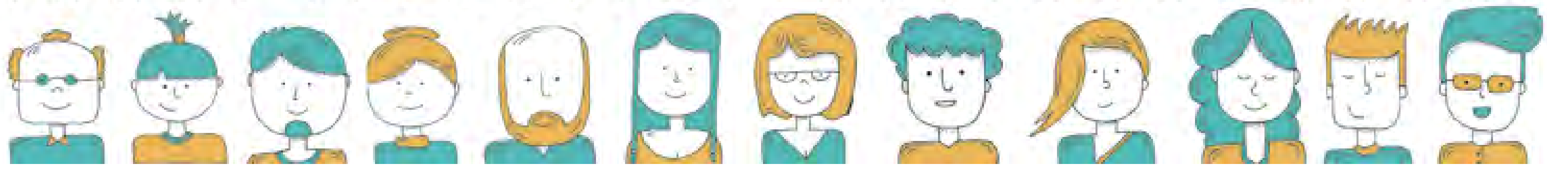
"It's *really* funny to see it happening this direction," he said, pointing to the flow from student to maker$. "So this guy is sitting out here," gesturing to the adjacent computer room, where a student might be. "And this maker$ guy," he said gesturing to the wood shop area, "he's got tons of experience back there, fabricating manually, but he has zero on C.N.C., working on the computer drawing something." But, "To the students, it's intuitive, so they'll say, 'Hey man, if you hold here you can hit shift and select four of them at the same time,' and this guy's mind is blown! He is like, 'You are the coolest kid!' We actually have students getting jobs this way; students getting ideas, talking to our patent lawyer, prototyping, and getting patents."

"We actually have students getting jobs this way; students getting ideas, talking to our patent lawyer, prototyping, and getting patents."

Maker works recently added a classroom with computers, pro memberships and an artist in residence program. For the future, KC said, they hope to add new tools such as a forge, treadle hammer, a jewelry space, and more skill development classes. "We want to be a good resource for the community."

Maker Works is located at 3765 Plaza Drive in Ann Arbor. For more information, visit maker-works.com.

WHAT'S NEW IN THE COMMUNITY



By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Lilian Anderson of Sprouting Chefs

Photo by Joni Strickfaden

Last summer, Anderson was looking to enroll her nine-year-old daughter in a cooking camp that offered "a culinary experience, where she could *really* learn how to cook; not just baking, decorating cookies, mixing and serving, and so on." A stay-at-home mom with lots of cooking experience, Anderson realized she could create that type of experience herself. See article on page 23.

New Offerings by Established Businesses and Practitioners

Anne Biris, a board-certified acupuncturist, Chinese herbalist, and massage therapist, is moving her Ann Arbor practice, Eastern Integrative Services, to a new location on Washtenaw Avenue.

The office at 2300 Washtenaw is being renovated and will open on May 1. She also maintains an office in Dearborn.

Biris has been practicing since 1994 and specializes in fertility, women's issues, pain management, and cancer care and recovery. After traveling to Mumbai, India, in 2011, she was inspired to form the nonprofit organization Humanitarian Acupuncture Project (HAP), which brings Traditional Chinese Medicine to the poor in India. The organization trains Indian women in giving acupuncture treatments, and has established five clinics in total, located in Mumbai and Tamil Nadu. HAP is now focused on bringing acupuncture to the underserved population in the very northern Indian province of Sikkim. Biris returns to India yearly to continue her work there.

The new location of Eastern Integrative Services is 2300 Washtenaw Avenue, Suite 101, Ann Arbor, MI 48104. Anne Biris can be reached at (734) 761-5402 or lotuskarma@gmail.com. The website for Eastern Integrative Services is www.lotuskarma.com and for the Humanitarian Acupuncture Project, www.humanitarianacupunctureproject.org.

MOVE mind-body fitness and wellness studio opened a second Ann Arbor location inside Probility Therapy Services on State Street, in February.

This studio houses MOVE's new Transition Program, which is designed for post physical-therapy clients transitioning from therapy to a regular exercise and wellness program. The Transition Program is designed to help these clients learn to confidently improve their fitness while avoiding re-injury. The program is based on Pilates, which emphasizes core strength, posture, flexibility, and all-over strength. Said MOVE co-founder and instructor Elaine Economou: "Pilates is a very efficient system to help people be mindful and increase their anatomical awareness." MOVE offers private and group Pilates classes for both post-PT and standard clients, as well as Yoga, Barre, and soon, Gyrotonic® and Gyrokinesis — another gentle exercise system emphasizing flowing, circular motions designed to improve balance, strength, and flexibility. The MOVE Transition program is offered not just to Probility's clients, but to anyone exiting a physical therapy program. Economou said that for clients who live or work near State Street, the satellite location is more convenient than the main MOVE studio on Ann Arbor's West Side.

In November 2015, MOVE collaborated with St. Joseph Mercy Ann Arbor Health System to bring fitness classes to St. Joseph employees on the hospital campus in Ypsilanti. Classes, which are held at the Women's Health Center on Elliot Drive, include Barre, Yoga, Pilates, Gyrokinesis, and High Intensity Interval Training (HIIT). To accommodate employees' work schedules, there are a variety of lunchtime and after-work classes offered.

MOVE's main studio also continues to offer new health and wellness programs, including instructor training in Pilates and Gyrokinesis. One of their unique offerings is a 21-day wellness challenge. Many studios do weight loss challenges, but MOVE's 21-day challenge, offered bi-annually, focuses on all-over wellness, with participants earning points for activities like getting a massage, going for a walk, and so on. One of these challenges is held close to Thanksgiving and has a focus on gratitude.

Of MOVE's success and expansion, Economou said, "I'm so thrilled that people are working with a business like ours that is small and local…. I feel really honored and excited."

MOVE's second location is located at 2058 S. State Street, Ann Arbor, MI 48104. The studio can be reached at (734) 761-2306 or office@movewellness.com. More information is available at www.movewellness.com.

Paul Hess, Ph.D., started Primal Rejuvenation, a nutrition and health coaching practice, in 2013. As a former sufferer of chronic fatigue, Hess has researched many approaches and methods, and now helps others address symptoms of chronic fatigue, as well as look and feel younger. He said the five root causes for fatigue are nutrition, toxicity, infection, emotional stress, and misalignment, and his goal is to create a complete solution for each client. "I start with nutrition," Hess said, explaining that "when the body has all the nutrients it needs it can heal itself." He tests clients for nutritional deficiencies, sensitivities, and allergies in order to recommend dietary changes, and sometimes supplements, though "supplements aren't as effective as food," he said, and people over-rely on them. Hess said that knowing the physics of nutrition at the molecular level is important, and that things most people don't think about, like getting enough sunlight, are important for the body to fully use the nutrition it receives.

The second "root cause," toxicity, he explained, can largely be addressed with correct nutrition, including knowing and avoiding what foods one is sensitive to. The third cause, infection, can include yeast overgrowth, parasites, and bacteria, and may be helped by nutrition, herbs, or, in some cases, medical treatment. The fourth, emotional stress, is another contributor to fatigue and can be linked to the fifth root cause, misalignment. Hess said emotional stress and misalignment can and should be treated together, with practices like yoga. A newly understood area of misalignment, he added, involves the teeth. "The biggest chiropractic subluxation occurs when the teeth and palate pinch the entire brain and imbalance the nervous system to impair sleep, digestion, immunity, and the ability to relax." A subset of orthodontists are beginning to study and help patients with this type of misalignment for the purpose of eliminating fatigue and other problems. Small dental misalignments, Hess explained, may be able to be resolved with mouth exercises.

Hess does most of his work through Skype. He offers a free consultation and can help clients with all aspects of fatigue to form a complete plan to restore their health and energy. When needed, he refers clients to other professionals, such as body workers, chiropractors, and orthodontists, to further treatment for a particular client's needs.

Paul Hess can be reached at hess.paulc@gmail.com. His website is www.primalrejuvenation.com.

New Books by Area Authors

Mt. Clemens-based special education teacher and crisis counselor Kim Verhamme published a children's book called *Soul's Whisper* in June 2015.

The book's purpose, she said, is to "help young people work through life lessons … and to help them realize their innate possibilities." "The book sat on the shelf for five years," she joked, but during that time she used pages from what she had written in an art journal to help her students learn coping skills and to provide them with encouragement. She said the lessons she imparts are very simple, and, at first, she had the notion that everyone would already be familiar with them. But she realized that many people, children and adults alike, either aren't aware of these simple concepts or need reminding. Students and adult friends with whom she shared the book told her how much it had helped them through tough moments, and this revelation led to her decision to publish the book.

Each page of *Soul's Whisper* is illustrated with simple line drawings reminiscent of Shel Silverstein's children's books. She kept the pictures and information simple, concrete, and "easily digestible." Verhamme is also a Pranic healer (a form of energy healing) and said that the book is intended to help children connect with their "divine spark." The book has helped adults as well, Verhamme found out. When she went to donate copies to a local organization that helps families in transition find shelter and build self-advocacy skills, she initially brought the books in for children, but the director of the organization said, after flipping through the pages, "This is what our counselors teach our clients," and ended up giving them to adults to use. "Just remember you have all the answers; this [book] is just to help you remember. Your soul knows, just listen to the whispers," Verhamme said.

Kim Verhamme can be reached by email at namastee@sbcglobal.net. Soul's Whisper *is available at Crazy Wisdom.*

I ♡ my co-op
SOOOOO
much!
Love Teacher Patti

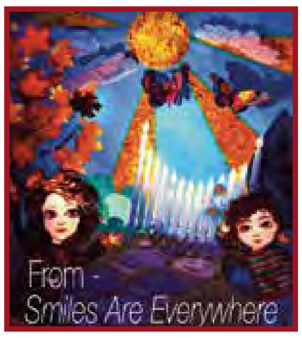
To mark the 45th anniversary of the founding of the People's Food Co-op, local author Patti Smith wrote *A History of the Ann Arbor People's Food Co-op.*

The book will be released at the April 17 annual meeting and will be available at the Co-op afterward. The original idea for the book came from General Manager Lesley Perkins. Smith is PFC's Board Administrator, and Perkins, being familiar with Smith's 2014 book, *Images of America: Downtown Ann Arbor*, suggested that Smith write *A History of the Ann Arbor People's Food Co-op*, and they immediately began gathering stories and photographs to include. It contains interviews from dozens of people throughout the PFC's history and almost 100 pictures. Smith added a brief history of co-ops in general and in Ann Arbor specifically, as well as a timeline of major PFC events. The book, said Smith, is a celebration of the Co-op, which she hopes will be of interest to all its members, new and old.

Patti Smith can be reached via email at teacherpatti@fastmail.net. The book has a Facebook page at https://www.facebook.com/PFCbook/. PFC's website is www.peoplesfood.coop. General Manager Leslie Perkins can be reached at gm@peoplesfood.coop or (734) 994-9174.

Lisa Hardy has published her first children's book, *Smiles Are Everywhere*.

Born and raised in Michigan, she moved to California as a young adult, where she discovered meditation and began writing poetry. Still, she never thought of herself as an author until the idea for *Smiles Are Everywhere* came to her in a dream. She wrote it in one sitting after waking up and then set it aside for several years, until she came across an illustrator whose work resonated with her, Patricia Moffett. Having since moved back to Michigan to be closer to her parents, Hardy corresponded with Moffett, who lives in Wales, through email. "She took my dream and made it better," Hardy said. The pictures are full of smiling people and also of objects that resemble smiles — leaves, a banana, an upside-down rainbow, and more. Hardy said that "life is like a mirror; when you smile you're going to feel better" and see the smiles reflected back. She said that people of every age can benefit from the reminder of "the magical power and warmth of a smile."



Hardy has several more children's books in mind as part of a series related to this first book. She works as a massage therapist in Waterford.

Lisa Hardy can be reached at smilesareeverywhere1@gmail.com. Her website is www.lisahardy.com.

Continued on page 20

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WHAT'S NEW IN THE COMMUNITY

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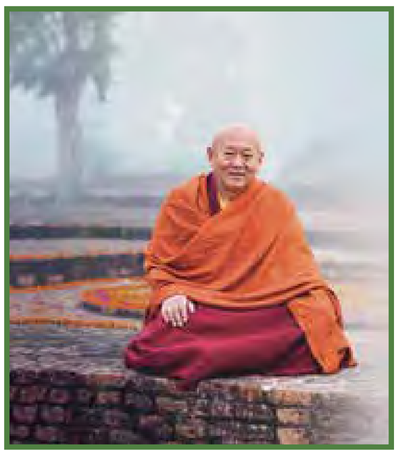
Upcoming Events



On May 7, from 2:00 to 6:00 p.m. at Eastern Michigan University's Pease Auditorium, Jewel Heart Tibetan Buddhist Center will host His Holiness Drikung Kyabgon in an event called a "Ceremony for a Successful Current Life and for Visions of a Future Life."

HH Kyabgon is the head of the Drikung Kagyu Lineage in Tibetan Buddhism, explained Kimba Levitt, assistant to Jewel Heart's Gelek Rimpoche. This ceremony, she said, is a rare type of event traditionally held only in a Monkey year (every 12 years). 2016 is a Fire Monkey year, she said. This is the first time that HH Kyabgon will bring this event to Michigan, and it has been about 20 years since he last traveled here from his home in India. The event is open to the public. Levitt described it as a "cultural, spiritual event," and said that it would interest spiritual seekers, open-minded people, and those interested in "life, visions of the future," and reincarnation.

Tickets for the ceremony are available at www.emutix.com. Jewel Heart Tibetan Buddhist Center is online at www.jewelheart.org and can be reached by phone at (734) 994-3387. Kimba Levitt can be reached by email at kimba@jewelheart.org.

From May 13 to 15 at U-M's Lydia Mendelssohn Theatre, The Ann Arbor Young Actors Guild (YAG) Senior Ensemble will present Shakespeare's *As You Like It*.

Sue Roe, YAG's founder and artistic director, said that the play features 21 actors, high-school and college-aged, and is done in a 1920s style. Her approach is one of inclusivity and seeks to break down barriers created by competition. Auditions are done in a workshop style, everyone is cast, and everyone gets to spend a significant amount of time on stage. Roe said that she and the other teachers at YAG work "from the actors outward," whereas a traditional approach would mold the actors to the director's vision. She avoids the term "lead roles," and says that "heavy roles" with lots of dialogue (she doesn't cut the scripts to make them easier) are usually double-cast, meaning that two actors practice for a given role and perform that role in two out of four performances. On the other performance nights, they would play less heavy roles. In this way, she explained, actors get to stretch the range of their acting and learn more while keeping the entire process non-competitive.

While the style is unconventional, students can really learn a lot. Since Roe started YAG in 1993, she has had many young actors go on to become professional actors, directors, and stage technicians. Even for those who don't go into the trade, she said, the experience helps them in their everyday lives and dealing with people.

Each year, YAG also puts on the "Summer Theatre Academy," a two-week day camp-style program where actors as young as seven learn about acting and get to experience putting on a play. This year Summer Academy will run from July 11 to 13 and will meet at the U-M Student Theater Arts Complex (STAC). Children are divided by age and work on different "adventures," Roe explained.

Students in grades 2 to 4 will create a performance, starting with just a title and imagining the rest from there. This year, the title is *The Ball in the Tree*, inspired by an adventure Roe's grandchildren had last summer. Grades 4 to 6 will begin to work with a script, exploring how to "bring it to life." The script for this year's group will be Five Greek Myths, short versions of Greek classics, including puppets (made by the students) and a Greek chorus style of performance. Grades 6 to 9 will perform Shakespeare's *The Taming of the Shrew,* learning about Shakespearean language, acting style, comedic techniques, and technical and behind-the-scenes aspects of theater. For the Senior Ensemble (high school and college actors), a play will be chosen based on how many people enroll. The play has to be exactly the right fit for the number of actors, Roe said, because, unlike other YAG productions, the Summer Academy culminates in just one performance at the end that includes all of the plays from each age group. The Senior Ensemble will learn about performance skills and techniques, practice different styles of acting, explore the history behind their play, and learn about what directors want in an actor. The final performance for friends, family, and the public will be given at Washtenaw Community College's Towsley Auditorium.

During the days of the Summer Academy, mornings are focused on developing story ideas, working on costumes and characters, and learning about stage speech and movements. Afternoons are spent on the performances, and lunchtime and downtime are filled with fun activities, such as "concerts" put on by students who sing and play instruments, trivia contests, chess tournaments, and just some general time for hanging out with new friends. Those friendships are part of what keeps young people coming back to YAG year after year, Roe said.

More information and registration for the Summer Theatre Academy are available online at www.yag-season.org/summer-theatre-academy.html. The Ann Arbor Young Actors Guild can be reached by phone at (734) 926-5629 or by email at info@aayag.org.

On June 4 and 5, Intuitives Interactive will host its Holistic Psychic Fair at Eastern Michigan University's Student Center.

This is the organization's first two-day event and their first time hosting at EMU, explained founder Amy Garber. Previously held at Washtenaw Community College's Morris Lawrence Building, Garber said that the venue change was necessary in order to be able to use the space all weekend. The Holistic Psychic Fair has been growing since its first run in 2013 and is now held twice yearly. This year, the second two-day event is scheduled for October 8 and 9. The "reader room" at the fair makes it unique among events of its kind; attendees can get psychic and intuitive readings of all kinds. Readings are centrally scheduled and a concierge service escorts people to their appointments, so the readers can focus on their work instead of scheduling. This creates a more private and focused experience for the reader and the client, said Garber. For the first time at this fair, however, she explained that readings will also be allowed in the vendor area. In the national fair circuit, she said, there are a number of practitioners who offer readings in addition to selling products, and she wanted to give these vendors an opportunity to perform readings as well. It also gives clients more options, as the reader room appointments fill up quickly and many people like to get several readings from different practitioners. Garber said she expects about 25 to 30 readers in the reader room and between 75 to 90 vendors in the vendor room (not all vendors will offer readings). Another useful feature of EMU's Student Center is its 250-seat auditorium. There will be free presentations in the auditorium throughout the fair, as well as gallery-style medium events, where mediums will attempt to communicate with audience members' departed loved ones.

Also new this spring for the Intuitives Interactive group is a dedicated meeting space on Packard Street, in the office recently vacated by the Deep Spring Center for Meditation and Spiritual Inquiry, which has moved to share space with the Interfaith Center for Spiritual Growth. Managed by Garber and her business partner Christina DePugh, the space will be called the Enlightened Soul Center for the Holistic and Intuitive Arts. Garber and DePugh have plans for new groups and events, including a Healing Night where local holistic and energy healers can come in to work with people; a channeling group for beginners; an Intuitive Kids' group, which Garber says there is a lot of enthusiasm for; and intuition development classes. The two small offices, a 300 square foot classroom and 500 square foot main room will also be available for rental to local body workers, intuitive practitioners, and others. Garber explained that making the space available for rental was always part of her business plan — serving the local spiritual community by offering a reasonably priced practice space for those who want it.

The new Enlightened Soul Center is located at 3820 Packard Road, Suite 280, Ann Arbor, MI 48108. The website for the Intuitives Interactive group and the Holistic Psychic Fair is www.intuitivesinteractive.com. The website for the Enlightened Soul Center is enlightenedsoulcenter.com. Amy Garber can be reached at (734) 358-0218 or intuitivesinteractive@hotmail.com.

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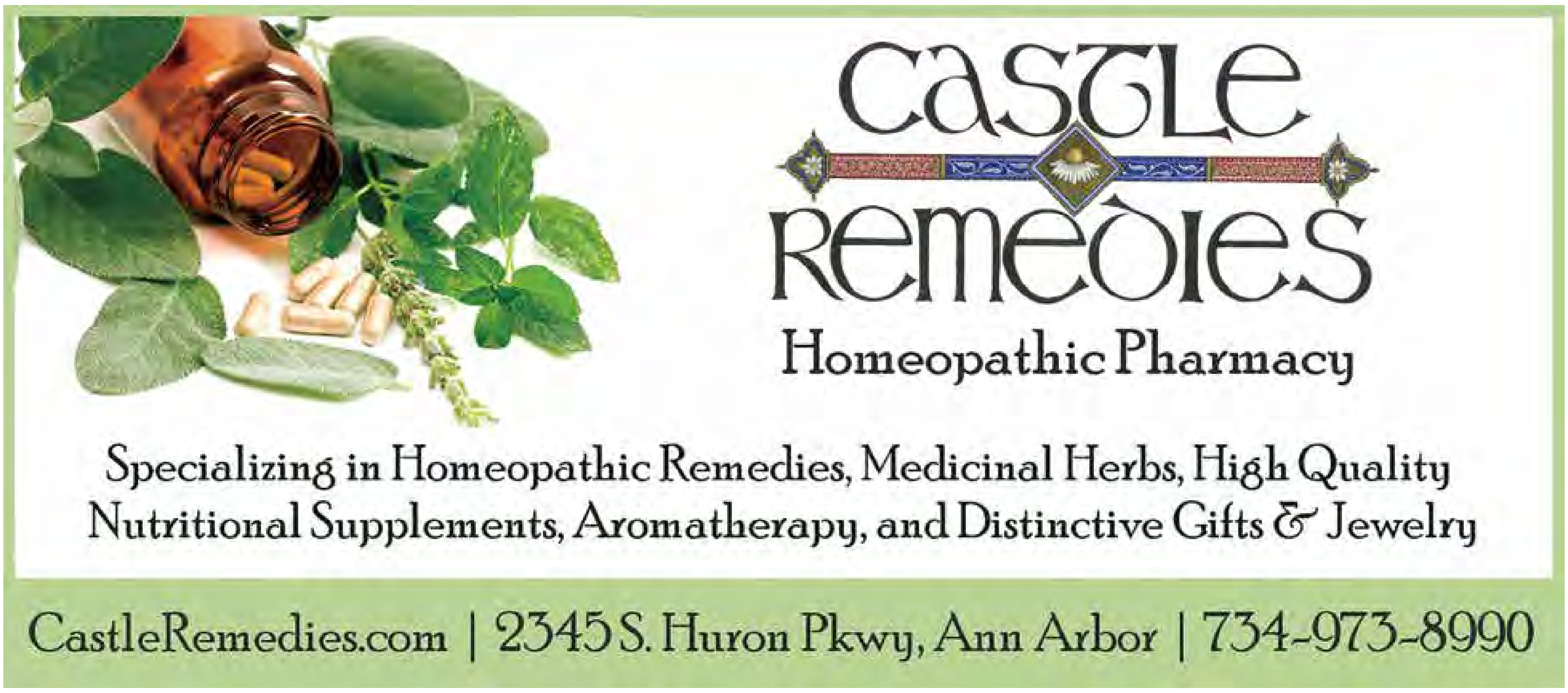

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And the wind upon its way whispered the boughs of May, and touched the nodding peony flowers to bid them waken.

— Siegfried Sassoon

Peak bloom time at the Nichols Arboretum Peony Garden usually begins in late May to early June. This is when a majority of the herbaceous peonies burst into an intense display that usually lasts about two weeks.

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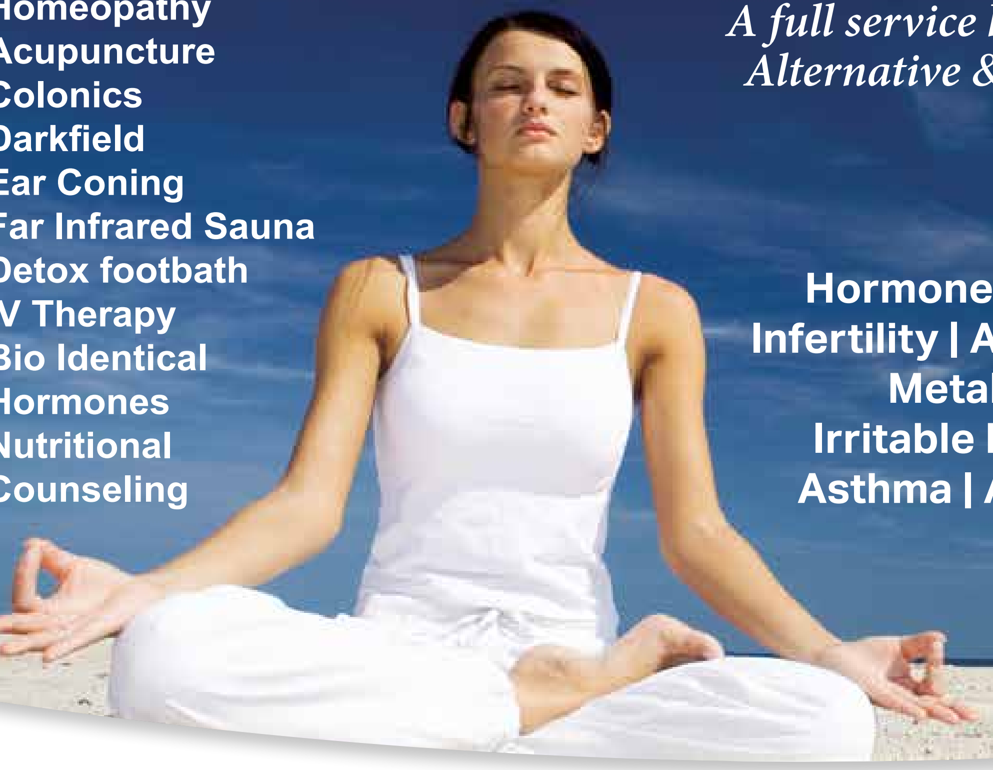

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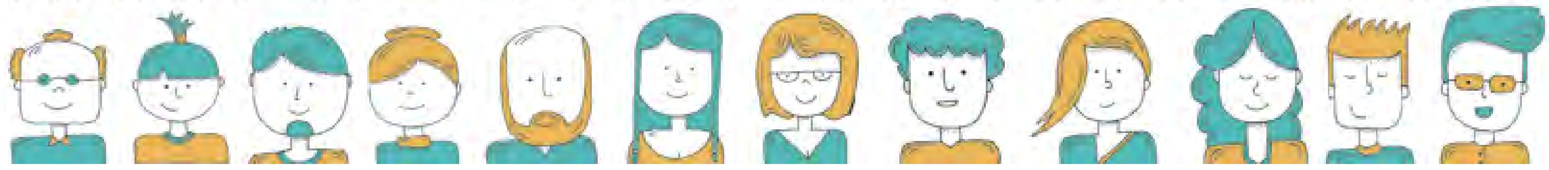
WHAT'S NEW IN THE COMMUNITY



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New Classes

Lilian Anderson, registered dietician and mother of three, has started Sprouting Chefs, a new business that provides cooking classes for kids and adults.

Last summer, Anderson was looking to enroll her nine-year-old daughter in a cooking camp that offered "a culinary experience, where she could *really* learn how to cook; not just baking, decorating cookies, mixing and serving, and so on." A stay-at-home mom with lots of cooking experience, Anderson realized she could create that type of experience herself. She gauged interest in a potential group by asking other parents in the neighborhood, and she received a positive response. She then started a series of cooking classes in her home, easily filling each of the ten classes. By summer's end, she knew she wanted to continue, and so she formed Sprouting Chefs.

To increase her class capacity, Anderson now rents kitchen space in a local church, across the street from her new community garden, part of Ann Arbor's Project Grow. This summer, her classes will involve a farm-to-table aspect since the plants Anderson will grow in her garden — tomatoes, herbs, potatoes, and garlic, to start — can frequently be used in the classes. Each class size is capped at ten students, and an adult volunteer works with Anderson to offer assistance. During the school year, classes will be held on Saturdays. Anderson said that students between the ages of eight and eleven seem to best respond to the classes. She has done all-boys classes with success, and even her twelve-year-old son, who normally wouldn't have taken interest in a class like this, got involved.

Anderson said that her parents were European and her mother cooked from scratch with whole foods. Her training as a registered dietician only reinforced her belief that cooking at home and including a variety of foods is the healthiest way to eat. Doing this is more nutritious, she explained, and one doesn't necessarily need to get deep into the nitty-gritty of nutrition recommendations because, in eating this way, it's "almost done for you."

Anderson is primarily focused on children but works with adults as well, notably in a dorm program at U-M, where she helps students preparing to move into their first apartments learn how to cook for themselves. She hopes to get more involved in schools as Sprouting Chefs develops, helping kids to develop nutritious food preparation as a vital skill.

More information and class enrollment are available online at www.sproutingchefs.org. Anderson runs a Facebook page at www.facebook.com/Sprouting-Chefs-LLC-877206565732392/. She can be reached by phone at (734) 474-1006 or by email at SproutingChefsLLC@gmail.com

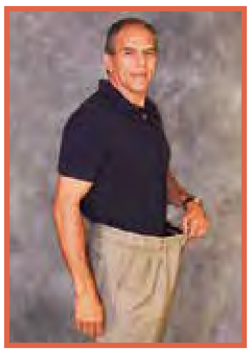
New Practitioners and Businesses

Linda Steinborn Bender, ACSW, LMSW, recently started Transitions, a private practice focused on a holistic approach to mental health and elder care.

Bender recently retired from Arbor Hospice, where she had been a social worker for 16 years. She named the practice Transitions, she said, because it is her goal to help people progress from where they are to where they want to be. Over the course of 30 years as a social worker, Bender has worked with many clients, striving to make sure each person's unique needs were met and respected. She specializes in helping clients process abuse and trauma issues, grief and bereavement, and health issues. One tool she uses in addressing trauma is Eye Movement Desensitization and Reprocessing (EMDR). Bender has worked with people who have chemical sensitivities, some of whom have felt unable to leave their homes for long periods of time due to their severe reactions. She explained that many times these people have not been listened to or validated, and when she is able to do that for them, it is a big step in helping them to "move back into the world in a way they can tolerate." To this end, she is very conscious of keeping her office clean, scent-free, mold-free, and as chemical-free as possible. She does this, she said, to give chemically sensitive people "a safe space outside their homes."

The second component of Bender's practice is working with senior citizens and their families "to adjust to the changes that come as people age." Her goal is to identify the needs of everyone involved in this life transition and to meet them in ways that are respectful to both the caregivers and the seniors. Her many years' experience in elder care has given her knowledge of community resources and long-term care insurance, as well as the mental health needs of this population. Bender was inspired to do this type of work after her mother had a health crisis. It eventually turned out well, but it was harder than it had to be because no advance planning was done. She also helps seniors whose loved ones may not be able to assist with day-to-day activities. She accompanies them to doctor appointments, works with private-duty caregivers, and provides all-around basic care, so the senior and their family can have peace of mind.

Linda Steinborn Bender can be reached at (734) 395-2285 or lindabender3680@gmail.com. She accepts health insurance through Aetna and Blue Cross/Blue Shield of Michigan.



Former U-M football player Marc Ramirez, along with his wife Kim, launched a nonprofit organization called Chickpea and Bean in October 2014.

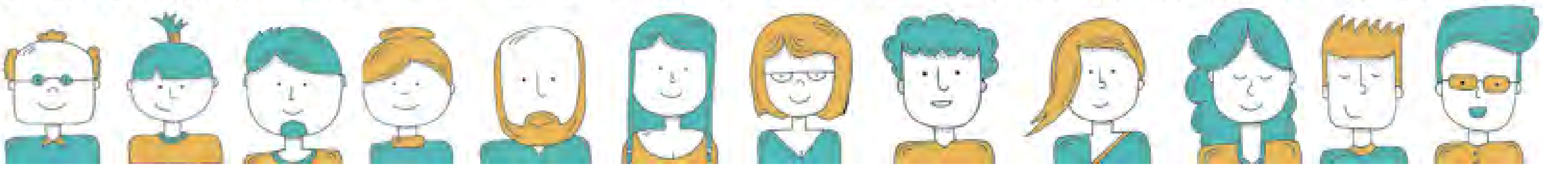
Through their website and monthly meetings, the pair promotes a whole foods, plant-based lifestyle, which, they said, has changed their lives.

In 2011 Marc was diabetic, suffering from high blood pressure, high cholesterol, psoriasis, frequent heartburn, and erectile dysfunction. He was on five medications, including insulin shots.

Diabetes has ravaged his family. His mother died at 61, having endured dialysis and a kidney transplant, as well as blindness due to complications from the disease. His oldest brother died at just 41 from pancreatic cancer. His twin brother has struggled with diabetes for over a decade, also suffering a heart attack in his early 40s. His youngest brother has had to undergo pancreas and kidney transplants, is legally blind, had his leg amputated, needs dialysis three times weekly, and has to take multiple medications every day. Marc thought he was facing a bleak future with the looming possibilities of transplants, amputations, blindness, heart attacks, dialysis, and most likely an early death. Moreover, he thought this was all due to his genetics, both familial and from his Mexican heritage, and that there was little he could do. He tried different diets and increasing his exercise and lost a little weight, but it did not have much effect on his symptoms or need for medications. At this point in his efforts, Kim's parents gave the couple a copy of the documentary *Forks Over Knives*, which advocates whole food, plant-based nutrition and no animal products. Kim and Marc decided to give it a wholehearted try and started the next day.

Continued on page 24

WHAT'S NEW IN THE COMMUNITY



Continued from page 23

The first thing Marc noticed was rapid weight loss, which eventually stabilized at 207 pounds, a healthy weight for his frame, and much lighter than his football-playing weight of 305 pounds. In just two months, he was able to get off his medications and insulin shots. In four to five months, his other symptoms had resolved as well. Marc has not had to resume any of his medications after going off them four years ago, and his glucose levels are normal. Kim, whose health problems were not as numerous or severe, experienced weight loss, relief from chronic headaches, and better skin.

The couple began advocating and educating others about their new lifestyle through their website (chickpeaandbean.com). They began hosting monthly meetings in Clinton Township, where they live, with more recent meetings attracting as many as 90 people. The meetings are free and feature expert guest speakers like Dr. Victor Katch, retired U-M Professor of Kinesiology, who spoke there in February. Marc is featured in an online Diabetes Perspectives Summit about reversing Type II diabetes through lifestyle change, and he is working on more ways to help educate and inspire people to adopt a plant-based diet. “I know of no other diet or lifestyle that has been scientifically proven to reverse heart disease,” he said, and also emphasized that he has been able to not just manage his diabetes, but reverse it. He refrains from using the term “vegan,” he said, because “vegan can mean so many things — Oreos are vegan and they’re not very nutritious!” He said that he eats three to five meals a day, is never hungry, and feels healthy, strong, and empowered.

More information, including a meeting schedule, is available online at www.chickpeaandbean.com. Marc and Kim Ramirez can be reached at chickpeaandbean1@gmail.com.

Local dancers Tracy Allyn and Irena Nagler along with musician Curtis Glatter have formed a new group, Ria Dance, which practices sacred theater and dance, with the three serving as “celebrants, performers, and teachers.”

Ria Dance also collaborates with Nightfire Dance Theater and Storydance. Nagler said that she and Allyn dance in a “neo-gypsy” style based on original modern dance, belly dance, and primordial dance; the latter she described as “timeless, predating folk, ballet, jazz, or modern dance — movements unified with sound, environment, and energy.” Allyn, in addition to dance, is also a vocalist. Glatter uses mostly percussion with some keyboard music. His percussion style is unique, employing rhythms from various cultures, and sometimes involves found objects to create new sounds. It can be described as world music, Nagler said. Glatter improvises with the dancers, and the trio “[echoes] off each other, as the music sort of comes up through the earth with him.”

“Ria as a name implies rivers and streams,” said Nagler. “Three letters, three artists, three birds of the Welsh Deity Rhiannon that are sent by her to people to give energy and solace.” Ria Dance offers teaching parties, similar to painting parties, with improvisational rhythms and dance and movement meditation. They also offer face and mask-painting. In addition, they perform and facilitate environmental dance and dance meditation, “helping people to experience their seamless connection with other species and the great web of nature.” They enjoy doing “environmental story-dance in a context of fairy theme gatherings for children of all ages (as well as adults).” Nagler said they can contribute to conflict resolution and community or group healing. Ria are available for celebrations of all kinds: birthdays, receptions, blessing ceremonies, children’s parties, bonding rituals, spiritual gatherings, life transitions, and anything else that people would like to enhance or create with music and dance.

More information about the Ria Dance artists is available at Nightfire’s website: www.twofeather.com/nightfire. Inquiries can be sent to Irena Nagler at fontelucente5@gmail.com or she can be reached by phone at (734) 996-1772.

Temple Echad was founded on the sixth night of Hannukah, Friday, December 11, 2015.

It is described as a “new, Jewishly-inspired, post-denominational and interfaith spiritual community.” The name, meaning ‘one temple’ in Hebrew, reflects Temple Echad’s theme of bringing people together. It is one of a very few independent synagogues in the United States. Founder Abby Wells, a practicing interfaith spiritual director and professional mediator, said that the Temple’s purpose is to “raise consciousness in our community beyond religion,” and to help people “recognize that we are all connected.” It is a spiritual rather than religious congregation designed for modern life and inclusive beliefs. It provides a sacred space for individuals and families of diverse or unaffiliated religious beliefs.

The Temple meets on Fridays, alternating between the Friends Center on Hill Street and Journey of Faith on Manchester Road, both in Ann Arbor. Three Fridays of the month are centered on personal narratives shared by members of the community, along with participatory dialogue and music. Wells said that everyone is welcome; people who’ve come have included religious Jews, secular Jews, agnostics, atheists, Hindus, Christians, Buddhists, Muslims, Sheiks, and those of no religion. “It’s the most diverse part of my week,” she said. Overall, the common goal is to “live out the highest teaching of the Torah: love and kindness.” Services are a re-imagination of Jewish liturgy with the storytelling of individuals becoming the “sacred text,” through which everyone can connect. All paths to the Divine are honored as equally holy. Music, poetry, and prayers are a large part of the service, which, Wells said, participants really enjoy.

Fourth Fridays of the month are recovery services, modeled around 12-step recovery programs with time for meditation, reflection, and sharing. These services are focused, Wells said, on “wholeness, healing, wellness, and recovering.” People of all faiths or no faith recovering from any type of addiction are welcome, even those recovering “from religion itself,” she said.

Temple Echad’s website is www.templeechad.org, and people interested in attending should make sure to check the location for a given week. Abby Wells can be reached by email at temple.echad@icloud.com.

Kim Cass and Kim Goddard are opening Zen Artisan Boutique in downtown Howell in early spring. The two women met a year ago. Both already had small businesses selling handmade items — Cass makes luxury spa products and Goddard makes candles, skincare products, and lotions to help with arthritis, neuropathy, and other issues. The perfect space opened up when a local jeweler retired, and the two decided to create Zen Artisan Boutique. Howell currently doesn’t have another shop or business with the “vibe” Cass and Goddard are intending to create, Cass explained. “We use the word ‘Zen’ to embody peace, happiness, spirituality, and the overall ‘feel-good’ vibe it brings to mind.” The shop will host women’s empowerment workshops, open mic nights, and possibly some Tarot card readings. It will carry Cass and Goddard’s handmade products, along with other items from local artists and crafters. The “Zen Girls,” as Cass and Goddard call themselves, will always be looking to expand their selection of items to include work from more artists and crafters. So far the offerings include “boho chic fashion,” hand-painted wine glasses, aromatherapy scrubs, soaps, lotions and balms, candles, and more. There will be free tea — hot in the winter and iced in the summer — and visitors will be welcomed to “hang out” and socialize. The two also offer a monthly subscription box, the Zen Box, which includes a mix of items, like crystals, affirmations, candles, organic snacks, and bath salts or soaps. They will offer gift baskets around the holidays as well.

Cass, an interior designer by profession, described the space as “urban modern meets shabby chic.” She said she loves the high ceilings, huge front windows, and exposed brick. They lend a “rustic and eclectic” feeling to the building, which has been around since the 1800s. During the summer, Howell has music in the local park every Friday, and Cass said she and Goddard hope that lots of people will wander in and discover the boutique while they are downtown.

The Zen Artisan Boutique is located at 108 East Grand River, Howell, MI 48843. The store’s phone number is (810) 522-3161. Kim Cass and Kim Goddard can be reached by email at TheZenGirls@gmail.com, and more information is available at www.thezenspirit.com.

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Please note that the “What’s New” column is an editorial (not paid-for advertising) feature of the Crazy Wisdom Journal*, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September through December 2016) is July 1, 2016.*

Crazy Wisdom Poetry Series in the Tearoom

Hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:00 p.m.

Crazy Wisdom Poetry Series Featured readers

May 25 – Donald Levin is author of the Martin Preuss mystery series; a novel, The House of Grins; two poetry chapbooks; short fiction and poetry; and articles on film and composition. Professor emeritus of English and retired dean of faculty at Marygrove College, he lives in Ferndale with his wife, artist Suzanne Allen.

June 22 – R. J. Fox, a graduate of UM, has been published in over 30 literary magazines. He teaches at Ann Arbor's Huron High School, where he uses his own writing dream to inspire his students to follow their own dreams. His website is www.foxplots.com. Follow him on Twitter @ foxwriter7.

July 27 - Jennifer Feeley has had her poetry and translations from Chinese published in Field, Epiphany, Tinfish, and in anthologies. She translated Not Written Words: Selected Poems of Xi Xi (2016). Xi Xi is one of Hong Kong's most prolific authors; this is the first book of her poems translated into English.

The Poetry Series is open to all.
There is never a charge.

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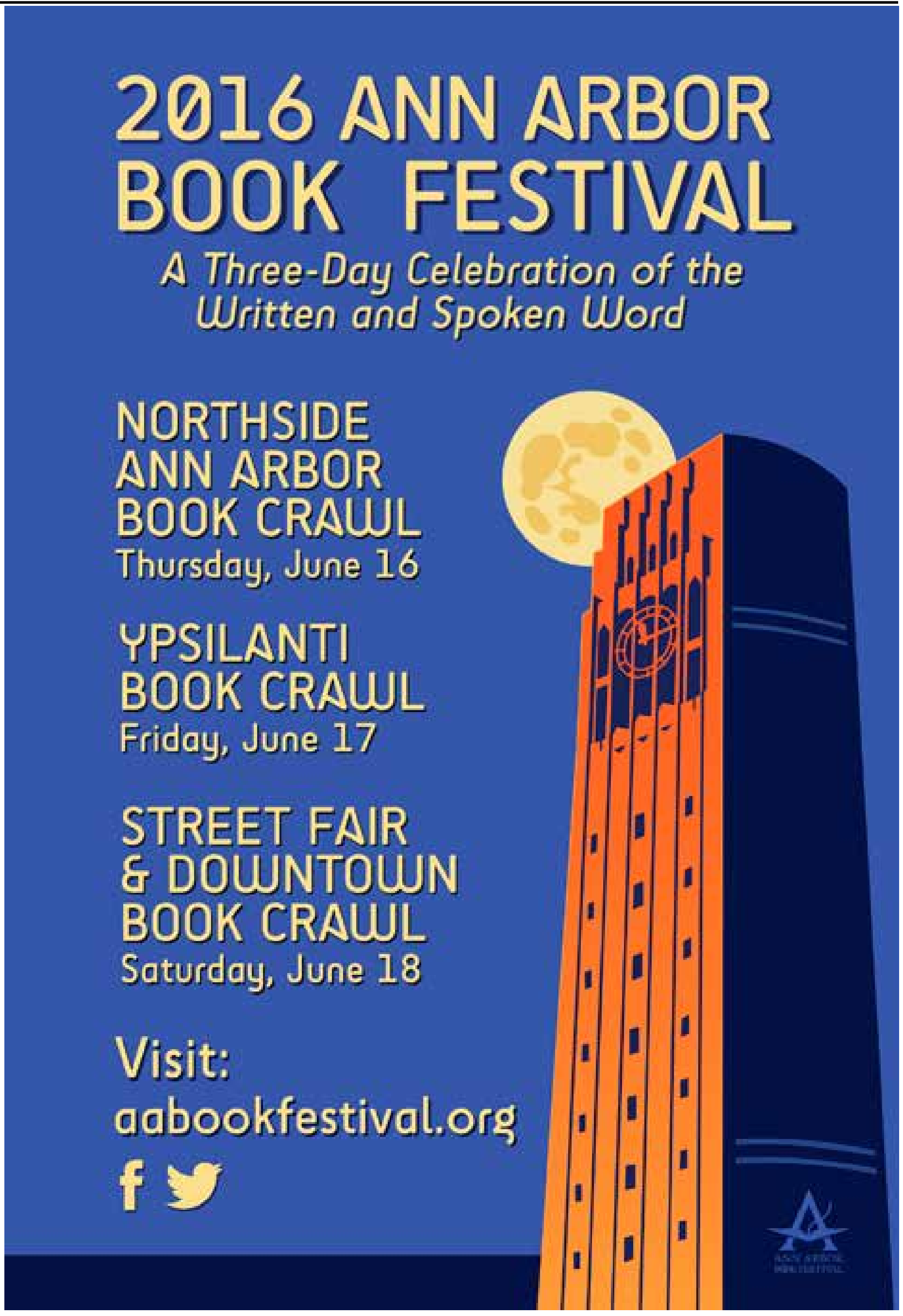

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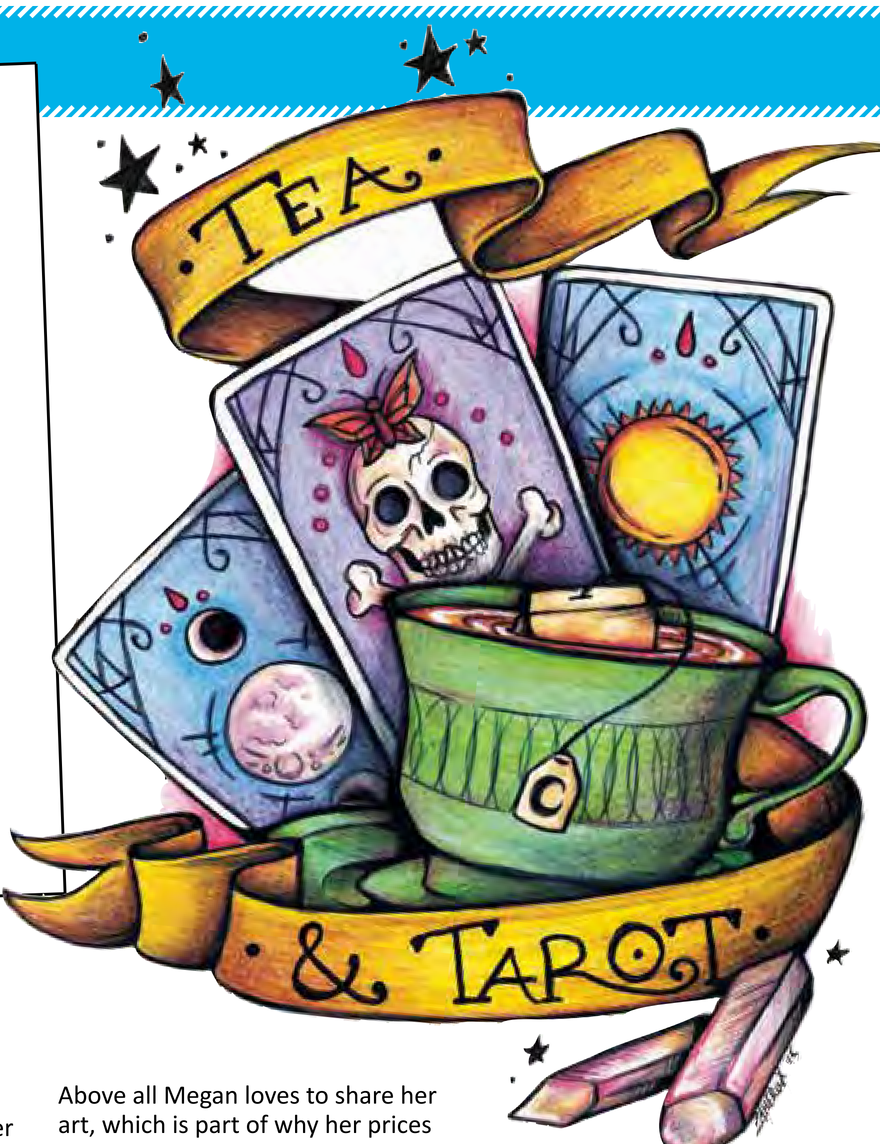
CRYSTA **GOES** VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.



Artwork by Megan Weber

1

Exploring Art with Megan Weber

"I'm just doing what I do," said local artist Megan Weber, also known as Zaheroux. And what she does is make dynamic artwork — traditional pieces in graphite, ink, paint, and/or colored pencil, as well as tarot and oracle decks — and she is continually experimenting with colors, forms, and subjects. Megan sells prints of her work at local festivals like Washi Con, an anime and gaming convention at Eastern Michigan University, and the Haunted Garage Sale at the Wayne County Fairgrounds, where my fiancé discovered her. (We have a print of a steampunk crow she created hanging in our home.)

Her work is also available through her Etsy shop, and she loves to see how far out in the world her art sells. "I just had a [tarot] deck go to Singapore," she told me, clearly delighted. She has also sold items to people in Russia and Australia.

Megan has always been an artist. In elementary school, she drew "lots of tigers; middle school was dragons, and high school more angels and demons." Nowadays, she incorporates a lot of animal and bone imagery into her art to "bring in the concept of life and death, the beauty of death" for, as Megan points out, "we're all made of the same stuff: bone."

MEGAN WEBER

> *Megan incorporates a lot of animal and bone imagery into her art to "bring in the concept of life and death, the beauty of death" for, as Megan points out, "we're all made of the same stuff: bone."*

X
VII
The Wheel of Fortune
Seven of Swords

Above all Megan loves to share her art, which is part of why her prices are so reasonable. An 8" by 10" full-color print is only $10; her 78-card tarot deck plus companion book is $35; and the 28-card oracle deck and book are $25. "I'm not expecting to get rich off my art. It's more rewarding for me to see someone go home with it," she said.

When I asked about her decks, she told me that the tarot deck, named Animalis Os Fortuna, took three months to research and create what she wanted, "something unique." It is entirely black and white and the themes for the four suits are elemental, birds for air (swords), fish for water (cups), reptiles for fire (wands), and mammals for earth (pentacles). Though tarot has its own general imagery, Megan went with her intuition when choosing what to portray on some of the cards. The Wheel of Fortune, for instance, is an ouroboros — a snake eating its own tail.

As for the oracle deck, Azúcar Bone, the colorful theme comes from the Day of the Dead and its iconic sugar skulls ("azúcar" is Spanish for "sugar"). Megan has Mexican roots, and this was a fun and creative way for her to celebrate her heritage. And she was a little sick of black and white after the lengthy tarot project. "It was great to go back into color," she said with a smile.

One future project she'd like to tackle is creating her own playing card deck, each card having a unique image. I, for one, (and my fiancé for two) can't wait! And I will be haunting the Zaheroux Facebook for sneak peeks.

Peruse Megan's Etsy shop at www.etsy.com/shop/Zaheroux and follow her on Facebook at www.facebook.com/ArtbyZaheroux/.

2

In the Kitchen with Jen Gossett

Once upon a time, a little girl and her brother liked to put random ingredients together in baking experiments. I didn't get to meet the brother, but I did sit down over coffee with the girl, now all grown up and supplying the magic behind Fairytale Baked Goods of Ypsilanti, Michigan, which specializes in "enchanted scones."

I first met Jen Gossett at the downtown Ypsilanti's Farmers' Market, then again at DIYpsi a short time later. As a storyteller, I have always had a warm place in my heart for fairytales, and I found in Jen a spirited fellow admirer.

"When I was a little girl," she said, "my mom had this huge red and gold fairytale book ... and so every night before we'd go to bed, we'd read a fairytale." Hidden in the book's pages were also letters from Jen's father, who traveled to Japan for business. Jen's mom would hide the letters in the book so they'd be discovered at bedtime, making the book extra special.

That explains the fairytales. What about the scones? A few years ago, Jen and her mother went to a bed and breakfast in Traverse City where they had scones. Jen thought they were all right, but her mother thought they were terrible and said, "This is why I hate scones!" Seeing this as a challenge, Jen said, "I went home and I tried to make a different kind of a scone, maybe a more moist scone."

First meeting with Mom's approval, Jen's revised scones also started to become popular among other family members, friends, and coworkers. "Eventually," she continued, "one of my coworkers said, 'Okay, I need you to get your act together and make a website and make a pricing thing because I want to buy rounds for my friends and family for Christmas.' So that's what I did!"

Fairytale
Baked Goods
BakedFairytales.wordpress.com
1
2

Jen Gossett supplies the magic behind Fairytale Baked Goods, which specializes in "enchanted scones." Pictured above: 1) Prince Charming & Fairy Godmother Scones; 2) Gingerella & Robin Hood Scones

Thinking of a name took some time. Her father suggested Cloud Bakery with the different scones named after types of clouds. Although she loved the idea ("I love clouds!"), she found the concept "a little rough." One of the scones she was bringing to work was a pumpkin and chocolate chip scone. One day she thought, *This could be a Cinderella scone! What if it's all fairytales? Fairytale Baked Goods!*

In addition to the Cinderella, a sweet scone, there are the Wicked Witch ("chunks of wickedly dark chocolate baked inside of chocolate-coffee scones, topped with a fine sugar crust"), the Rose Red ("fresh, tart cranberry and sweet lemon scones topped with a coarse sugar crust"), and so many more. On the savory side, we have Strega Nona ("asiago cheese and Italian herb"), Dragon ("cheddar and roasted jalapeño"), and, perhaps my favorite, Fee-Fi-Fo-FETA ("feta cheese crumbles and dill"), just to name a few. Visit her website for a full list.

If you love scones —or fairytales! — look for Jen at the Ypsi market or order online. If you have requests, she is glad to listen! Oh, and her favorite fairytales? *The Princess and the Pea* and *The Twelve Dancing Princesses*. What's yours?

Fairytale Baked Goods is found online at bakedfairytales.wordpress.com and www.facebook.com/BakedFairytales/.

3

In the Children's Corner with Rowan Moss and T. S. Lamb

Toni Morrison once said, "If there's a book that you want to read, but it hasn't been written yet, then you must write it." Author Rowan Moss and illustrator T. S. Lamb took this to heart when they created the Pagan Children Learning Series.

Rowan said, "T. S. and I are both Pagan parents ourselves and we experienced, firsthand, the lack of educational Pagan materials for children. We wanted to work together to fill that void and not only help our families, but to help others as well." T. S. added, "It was more of a joint epiphany. I think we were both thinking of this sort of project and we were talking about creating some way to help teach our children paganism."

There are three books so far, *Who Is A Witch?*, *What Is Magic?*, and *What Are The Elements?*, and they have plans to expand the series in the future. "We're currently searching for a publisher for our next set of three books," Rowan said. "We're also more than halfway done with an online course that we are putting together."

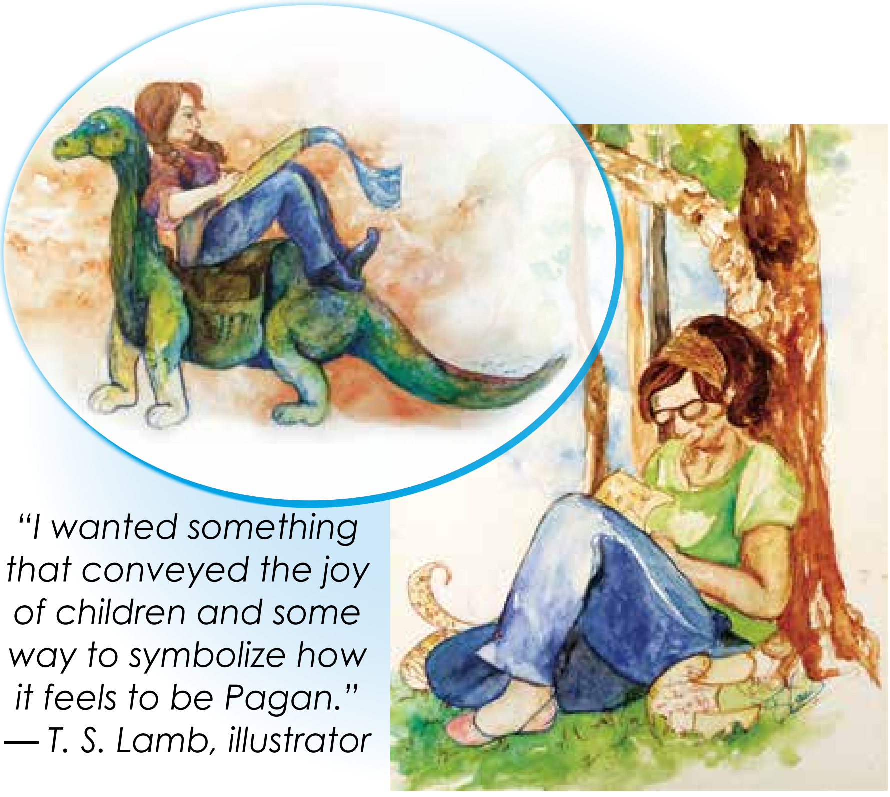
When deciding the topics for their first books, they went with what they "thought would be the most useful to the majority of Pagan parents out there," using their own needs and experiences as parents, as well as what they had heard from friends, as inspiration. The books may be read together or separately. As Rowan put it, "I know many Pagans who don't actually practice magic, so they might want to leave *What Is Magic?* off of their bookshelves. Alternatively, I also know many Pagans who don't consider themselves to be witches, so they might choose to prioritize a book about the elements instead." She added, "The books are crafted to encourage discussion between parent and child."

I asked Rowan if it was difficult to write for children. "Actually, it really was," she answered. "These are some really complex topics that I was trying to make accessible to children." She also felt she had set a "near impossible goal." "I wanted to make these books so open, that the majority of Pagan families could use them and relate to them. I worked really hard to try not to exclude anyone... So, if you feel left out from these books, I apologize, I tried my best and I'm open to suggestions."

For T. S., "The toughest part is changing the illustrations slightly from book to book to help symbolize the overall concept of the books but still similar enough that all the books would look nice together." Finding the illustrations unique and beautiful, I asked how she settled on a style. "I wanted something that conveyed the joy of children and some way to symbolize how it feels to be Pagan," she explained. "Since we were working with such a tough topic, I wanted the art to be beautiful and catch the eye of people who might be uncomfortable with the topics we are covering."

It's no wonder the reception for these books has been so warm. I don't have children yet myself, but I do have friends who have bought the books for their families, and we are all fans!

Find Rowan and T.S. online at www.facebook.com/pclsbooks/ or reach them at pclsbooks@gmail.com. The Pagan Children Learning Series books are available at Crazy Wisdom and online.



"I wanted something that conveyed the joy of children and some way to symbolize how it feels to be Pagan."
— T. S. Lamb, illustrator

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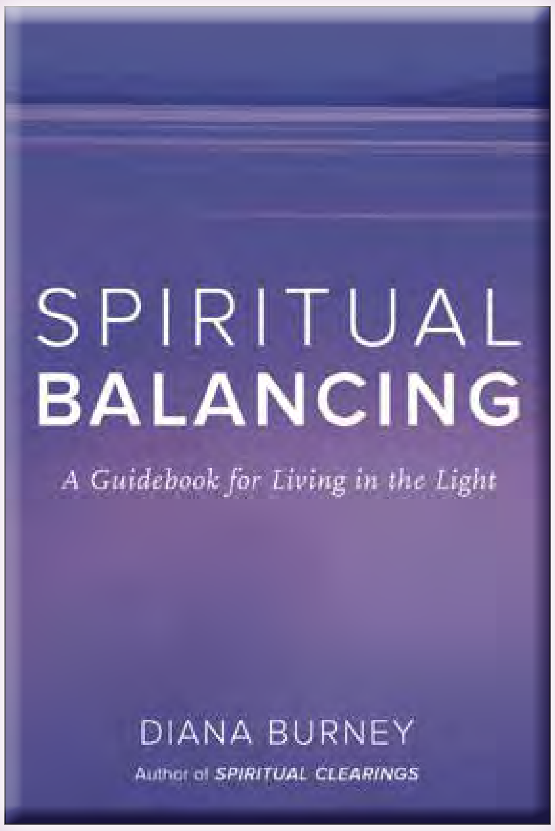
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Diana Burney is a registered nurse, certified hypnotherapist, and ordained minister of the Order of Melchizedek from the Sanctuary of the Beloved in Conesus, New York. She is also a certified Reiki Master/Teacher as well as a Magnified Healing Practitioner.

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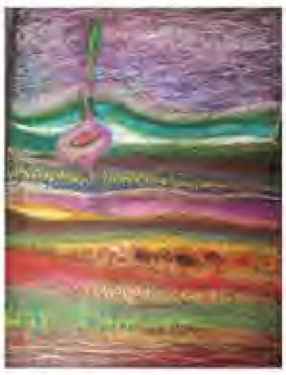

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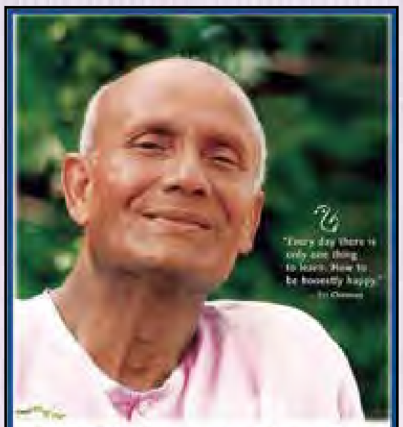

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Leaps of Faith

Tales of Local Businesses

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

Cultivate Coffee and Tap House —

Cultivating Coffee, Community, and More

Cultivate Coffee and Tap House
307 N. River Street, Ypsilanti, Michigan 48198
(734) 249-8993; www.cultivateypsi.com

Cultivate Coffee and Tap House is trying something a little different from the other coffee shops and bars in the Ypsilanti/Ann Arbor area — first, they're bringing craft beer *and* excellent coffee together under one roof, and second, they're running as a nonprofit business, so all proceeds can go toward causes they're passionate about. The core team behind this model consists of Billy Kangas and Ryan and Bekah Wallace, husband and wife. Ryan and Rebecca are both from western Michigan but have now lived in Washtenaw County for several years. Kangas, who grew up in the Ypsilanti/Pittsfield Township area, pursued higher education in Chicago and Washington D.C. before returning to the area in late 2014. "It's good to be back home," he said.

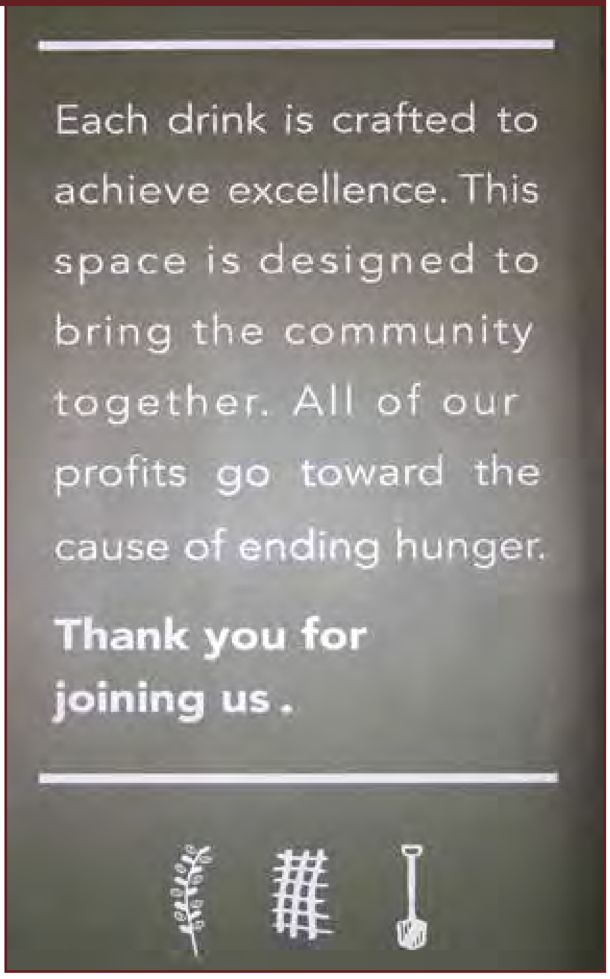
After graduating from Huron High School, Kangas dug deep into religion, earning a B.A. in religious studies and a master's degree in divinity. He also completed coursework toward a Ph.D. in liturgy and sacramental theology. While pursuing his degrees, he gained related experience working in churches and for Bread for the World, — an anti-hunger advocacy group in Washington D.C. He also held jobs not directly related to his studies. "I did a lot of shifts in coffee shops, which was where I developed my passion for coffee. It was there that I started trying to figure out what it meant to get to know community, to be involved in the daily lives of your neighbors in this 21st-century context…. I fell in love with getting to know people, and the beverage part of it kind of fell in line as well," he said.

Billy Kangas, Bekah and Ryan Wallace

After completing a year-long fellowship with Bread for the World, Kangas moved back to Ypsilanti. He continued his involvement in the church, which is where he met Ryan and Bekah Wallace, eventually joining his interest in coffee with Ryan's interest in beer. "I get passionate about things. If I'm going to serve coffee, I'm going to serve the best coffee," Kangas said. "So, I devoted myself to learning everything there is to know about coffee, and Ryan, similarly, devoted himself to learning everything there is to know about beer, and now we learn from each other." The coffee-beer pairing would become a large part of what Cultivate is about, with Kangas' desire to build and serve community forming the business's central mission.

> "I started trying to figure out what it meant to get to know community, to be involved in the daily lives of your neighbors in this 21st-century context."
> —Billy Kangas, director

Cultivate Coffee and Tap House opened in October 2015. It is rooted in three different values: Craft, Community, and Cause. "We want coffee, beer, and tea — our crafts — to be the best possible. We want this space and our values to be oriented around community, first by putting people and our values at the top. We've tried to create a space that's open for people to use and encourages getting to know one another," Kangas explained. "And the third value is cause; all of our profits go toward ending hunger. It's my life passion, addressing hunger." Kangas also said that Cultivate aligns itself with the United Nations' goal to end systemic hunger by 2030 [www.un.org/sustainabledevelopment/hunger/]. "[We are] trying to see what that looks like in our community, develop a plan … and to partner with those who are working on a global and national scale to help be a voice in the movement to end hunger."

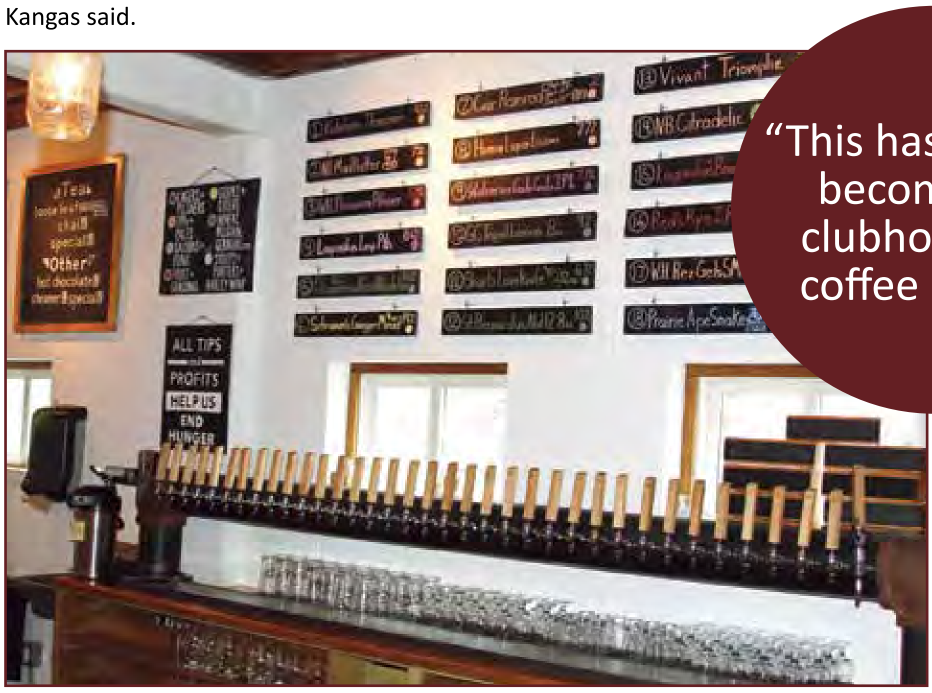

Each drink is crafted to achieve excellence. This space is designed to bring the community together. All of our profits go toward the cause of ending hunger.

Thank you for joining us.

“I fell in love with getting to know people, and the beverage part of it kind of fell in line as well.”

As a nonprofit business, to be sustainable, Cultivate is always looking for new ways to grow and better serve their values. Volunteer hours are an important aspect of the business, and they have more than 100 volunteers, with some helping just at a particular event and others working shifts every week. In addition to volunteers, there are also two part-time and two full-time employees. Cultivate also partners with Growing Hope and Food Gatherers to maintain a donation garden in the back of the building, where fresh produce is grown for the community. The donation garden is run 100-percent by volunteers.

Kangas hasn’t had any difficulties finding volunteers, so far, and he enjoys sharing his coffee knowledge with those who want to learn the art and craft of coffee brewing. “This has actually become the clubhouse for coffee nerds,” he said. “We have weekly events like ‘coffee cuppings’ where we’re teaching people how to taste coffee in a very intentional way. We’ve offered other classes on coffee tasting and brewing … and will offer more classes in the future.” Cultivate also conducts beer and tea tastings. Recently, they hosted a southeast-Michigan-wide coffee showcase, with all the proceeds benefitting Food 4 Farmers, an organization aiming to target hunger in coffee-growing families and communities in Latin American countries. “Coffee farmers are often some of the most food-insecure people in the world, so we’re very passionate as a coffee shop to make sure that we’re addressing that issue as well,” Kangas said.



“This has actually become the clubhouse for coffee nerds.”

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Kangas brings his religious training into the coffee shop with him every day. “During my studies in religion, I thought that I had the gift to be a pastor, and so that’s kind-of how I see myself in this setting. I’m not here to bring a sermon, but rather to treat each person who walks through the door with dignity, and to spend time with them as I’m brewing their drink of choice. I’m here to offer direction, whether that is spiritual or simply ‘caffeination,’ to those who need it,” he said. Kangas’ mentality is shared among the other employees and volunteers at Cultivate, who aim to treat each person they serve with dignity and understand that each person has a story worth sharing.

“I’m here to offer direction, whether that is spiritual or simply ‘caffeination,’ to those who need it.”

cultivate
coffee & tap house

Those seem like steep standards for a coffee shop, but once you visit Cultivate, you quickly realize that it’s more than a simple coffee shop. It is dedicated not only to serving the Ypsilanti community but also to serving causes on a global scale, such as the fight to end hunger (all profits are invested into Cultivate’s “cause areas,” which are listed on their website). But don’t take my word for it; visit the shop for yourself and see if it will become your new favorite coffee/tea/beer/community/education connection.

###

Feature continued on page 34

Leaps of Faith
Tales of Local Businesses

Feature continued from page 33

Thistle & Bess —
A Collection of Treasures from Brooklyn and Beyond

Thistle & Bess
222 N. 4th Avenue, Ann Arbor, Michigan 48104
(734)369-6092; www.thistleandbess.com

> Thistle & Bess, now a complete home and lifestyle shop, offers a unique and innovative collection of antiques, vintage items, art pieces, trinkets, and more.

Diana Marsh derives inspiration from her past — her recent past as well as her ancestral history — when it comes to her new shop, Thistle & Bess, and there's no apparent shortage of style, charm, or flair in this new Kerrytown storefront. Originally from Belleville, Michigan, Marsh moved to New York after graduating from U-M and worked as a teacher for 11 years. She started Thistle & Bess in Brooklyn as an antique and vintage jewelry line before moving back to Ann Arbor and opening a full-fledged storefront. Thistle & Bess, now a complete home and lifestyle shop, offers a unique and innovative collection of antiques, vintage items, art pieces, trinkets, and more. The style has hints of Brooklyn, as well as Marsh's Scottish and English heritage (the name of the store was inspired by the emblem of Scotland, the thistle, and the nickname of Queen Elizabeth I, "Good Queen Bess").

After graduating from high school, Marsh (who is now 34) moved to Ann Arbor to attend U-M and earn her bachelor's degree in education. While attending the university, Marsh worked as a docent at the Natural History Museum and realized that she loved working with children. She enjoyed their unpredictable and fun nature, and was certain she would find teaching exciting. Upon graduating in 2004, she moved to New York and taught in the public school system for the next 11 years. "I'm so glad I did it," Marsh said. "Eleven years is a long time to spend in the public school system in New York, and I met fabulous people and I loved working with the kids. The political nature of the school system, in the end, became a little too much for me to handle. So, it was time to move on. But I'm so glad I did it, and I value that time and experience so much."

After finishing the 2015 school year in June, Marsh moved back to the Ann Arbor area two days later, and opened Thistle & Bess two weeks after that. Going from public school teacher to retail business owner might seem like a big leap, but Marsh said it was her dream. "I've always wanted to do this," she said. "I've always been into design and fashion. Living in New York, I was always excited to see new stores and boutiques popping up in my neighborhood. And this idea was just always in the back of my head …" She began selling vintage and antique jewelry online through Etsy while she was still teaching. (Etsy is an e-commerce website focused on handmade and vintage items.) During the holidays, Marsh would create small holiday collections on Etsy, and the idea for Thistle & Bess just continued to bloom from there.

While home last Christmas, Marsh was having dinner with some friends and walked by the vacant storefront in Kerrytown. Her friends kind-of joked about this being the space for her store, but the following morning, Marsh went back to the storefront, called the landlord, and arranged for a time to meet and discuss a possible lease. "I think it was the location that actually pushed me forward. Out of curiosity, I'd been looking at real estate in the Ann Arbor area — looking for locations, sizes, and prices, for my store," Marsh explained. This particular location met all of her criteria.

Marsh signed the lease for the store in February and began renovations immediately, just finishing them the day before the store opened. A new floor, ceiling, window, and door were all part of the plan, as well as removing all the kitchen equipment left over from the last tenant. All of the renovations were done while Marsh was away teaching in New York. "It was a stressful situation, but it turned out perfectly. I couldn't have wished for anything more."

THISTLE & BESS
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> "There's definitely a nod to the vintage in almost everything that we carry. Even if the piece isn't actually vintage, it's at least vintage-inspired."

Diana Marsh

Thistle & Bess opened in July 2015 to the excitement and bustle of downtown Ann Arbor during Art Fair. "It was fun to open during all that excitement," Marsh said. "And it was wonderful to meet the neighbors who'd been watching the transformation and wondering who would be next door for all those months." The objects at the shop add up to a quirky yet refined aesthetic and a distinctive brand. "There's definitely a nod to the vintage in almost everything that we carry. Even if the piece isn't actually vintage, it's at least vintage-inspired," Marsh said. She's also always had a love for history, especially Scottish and English, since they are part of her heritage. A bit of Europe can be felt throughout the store, amid homegrown pieces purchased from a few small, independent Brooklyn brands. When opening the store, Marsh purchased pieces she hadn't yet seen in the Ann Arbor area, and she continues to make this a part of her process — looking at what is already available in the area and keeping an eye out for those unique pieces that have not yet made it here.

"I've always wanted to do this. I've always been into design and fashion. Living in New York, I was excited to see new stores and boutiques popping up in my neighborhood. And this idea was just always in the back of my head."
—Diana Marsh, owner

Finding the right pieces and objects for the store is the easy part, according to Marsh. "That's not difficult at all! I read a lot of blogs and magazines. I go to a lot of different shops that inspire me and try to pick out things that I like, and cross my fingers and hope that everybody else likes it as well."

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So far, things have been working out well for Marsh. "We've gotten to know the neighbors," she said. "We all help each other out as best we can, in whatever ways we can. And we had a really good holiday season. It was really jam-packed in here. It was better than I had expected." At the time I met with Marsh, she said the shop was a little low on inventory. "But, that's a good problem. It means we sold a lot, and now I can do some more research and begin looking to bring some new things into the store."

Marsh's goal is to offer her customers fresh and exciting products that are unique in artistry and quality, rather than the standard products offered in chain stores. Whether you're looking for a terrarium, vintage barware, picture frames, or perhaps a vintage Edward VII charm chain with photos of the Royal Family, Thistle & Bess may well be just the place for you. Or just stop in to browse the shelves and get a fresh perspective on home décor or gift giving. (Then give Pippa and Arthur, Marsh's two dogs, a pet while you're there. They'll return the gesture with a happy and playful tail wag).

###

Green Living

A Permaculture Perspective
The Production of our Choices

By Bridget O'Brien

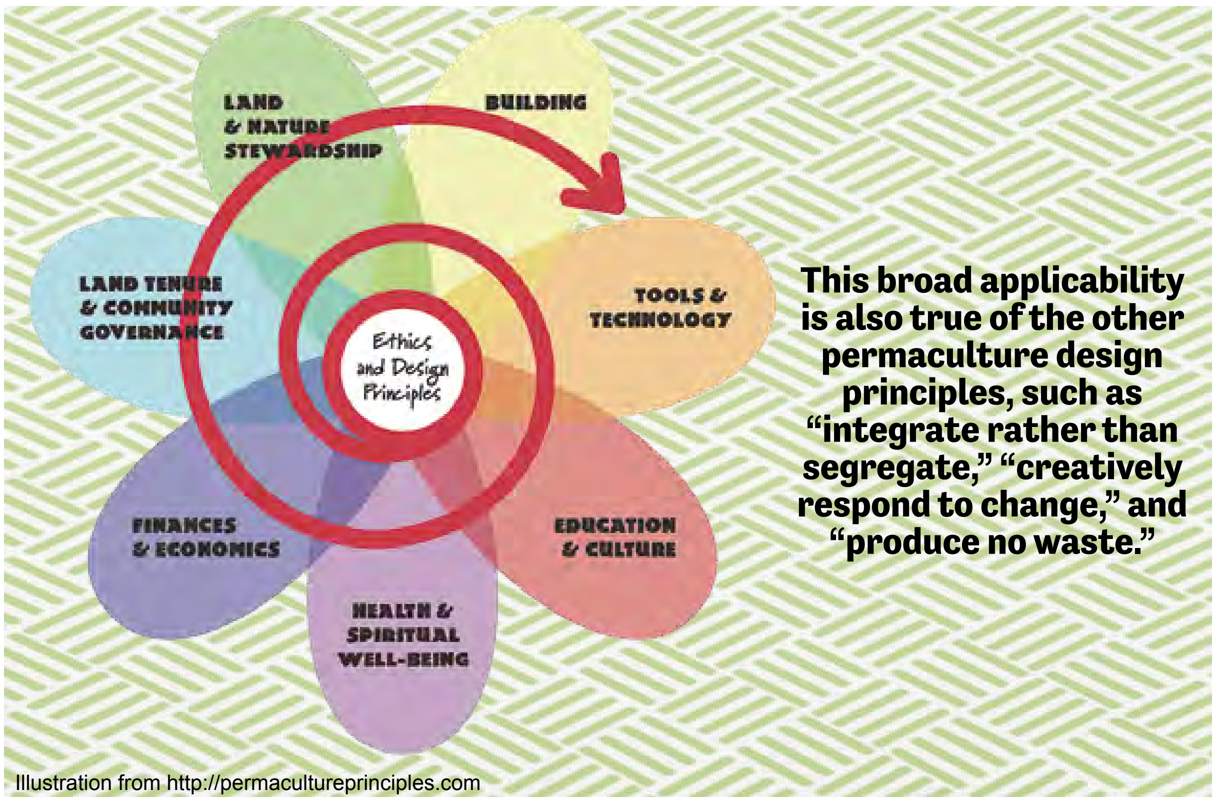
"The greatest change we need to make is from consumption to production, even if on a small scale, in our own gardens. If only 10% of us do this, there is enough for everyone. Hence the futility of revolutionaries who have no gardens, who depend on the very system they attack, and who produce words and bullets, not food and shelter."
— Bill Mollison

Is it important to you that your daily life reflects choices that care for the Earth, its people, and our future? If yes, then you are already one step closer to deeply living in the ways of an **ecological culture design** science called Permaculture.

Is it important to you that your daily life reflects choices that care for the Earth, its people, and our future? If yes, then you are already one step closer to deeply living in the ways of an **ecological culture design** process called Permaculture.

Central to permaculture design is the understanding that nature provides for itself through a closed loop system full of patterns that we can observe and mimic. We observe how a forest provides all of its inhabitants' food, medicine, and shelter. These observations identified principles at work in nature that we can replicate as we set up the systems to provide our own food, shelter, and livelihood. For example, one of these principles is called "stacking functions" – the ability of one component of a system to yield many benefits at once. A tree can provide shade, filter runoff, prevent erosion, yield food and fuel, slow harmful winds, improve air quality, reduce noise, provide homes for wildlife, create privacy, and the list goes on.

Applied to land use problems, stacking functions allows the designer to gain as many of these yields as possible through careful selection and placement of the tree, keeping in mind the climate, prevailing winds, land contours, proximity of buildings, and other features. However, "stacking functions" has applications that extend into all areas of life. It's used by the schoolteacher who creates a lesson that meets many different instructional objectives at once. It's used by the interior designer whose shelves and cupboards also improve acoustics and help to define work areas.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Ethics and Design Principles

Illustration from http://permacultureprinciples.com

This broad applicability is also true of the other permaculture design principles, such as "integrate rather than segregate," "creatively respond to change," and "produce no waste."

This broad applicability is also true of the other permaculture design principles, such as "integrate rather than segregate," "creatively respond to change," and "produce no waste." Each of these can guide us toward the methods, strategies, and techniques needed to solve problems in many fields of endeavor. As the permaculture design process is learned, we evolve into systems thinkers who can apply pattern language to every aspect of our lives.

At the heart of all these principles, however, we find the basic permaculture ethics of **Care for Earth, Care for People,** and **Care for the Future.** Rooted in the cultural heritage and spiritual beliefs of many resilient societies throughout history, these core ethical mandates align with permaculture's design principles and guide their application. The basic understanding is that because every part of the closed loop system ultimately depends upon the successful functioning of the others, the design process must take into account all of these larger spheres of consequence. Thus, the activities on one farm or factory can affect a whole neighborhood or watershed, for better or for worse.

This understanding makes the practice of permaculture inherently holistic. It is now being applied to everything from self-care to business models. However, while permaculture can and must embrace all aspects of life, agriculture and food production remain the foundation of our culture's traditions and community connections. Permaculture practitioners recognize this critical connection: **What does our current food system say about our culture?** How can improvements in that system help to create a better and more sustainable world? Because food is so central to how we interact with and impact our world, how our life fuel is produced and the culture surrounding it are central among the many problems permaculture is addressing.

What does our current food system say about our culture? How can improvements in that system help to create a better and more sustainable world? Because food is so central to how we interact with and impact our world, how our life fuel is produced and the culture surrounding it are central among the many problems permaculture is addressing.

As Permaculturists, we strive for solutions and abundance in the understanding that while much effort and many resources will be needed in the development of the solution's systems, over time the inputs will be reduced to almost none while the abundance is harvested for generations to come. We have some of the tools, and more are being developed each day, to solve the problems we are facing in our food, water, and economic systems. The best thing we can do is to continue to educate ourselves on the actual effect of our choices, and work towards becoming producers. It is my hope that with each horrific crisis and disaster more of us begin to realize **that ignorance is poison, not bliss**. And we, ourselves, are the only ones who can make a difference with each step we take, each choice we make.

We have a theory in permaculture that goes like this: Healthy habits, choices, and productive systems that add value and resilience to the Earth and its inhabitants take us on a spiral to abundance. On the other hand, habits, choices, and systems that are unhealthy depleting the Earth and its inhabitants lead us on a spiral of erosion. We can see it, feeling this second spiral each time we turn on the news, and each time we get ridiculed for taking care of personal needs that are not reflected in social norms. To travel the spiral to abundance we need a collective awareness that although the system is broken and our culture is in dire need of repair, permaculture can provide the conceptual framework needed to fix it.

We are not powerless in our efforts to climb up the spiral of abundance. The most valuable steps we can take are how we chose to live each day, where we chose to spend our time, how we chose to spend our dollars, and how we meet our basic needs. We have the resources to educate ourselves, ask questions, and to find and create better options. Change is possible, as we see with the growth of the holistic, quality-driven markets such as local organic food, alternative healthcare, and more business models that care for planet, people, and profit. And, as reflected in nature, we don't have to do it alone. Each part of the system has its own set of products or skills. It's up to us to recognize the skills, utilize them, and support others in their production, keeping the system loop closed.

Our dollars vote, folks. Stores, restaurants, and corporations **will continue to produce and market what we consume** as long as we are willing buy it. Many of us are aware of the life we want to be living, the community that we want our children to grow up in, and the desperate conditions consumerism has created within human societies and the larger biosphere. Please stand up, do the work, and speak up for your truth and for the ones without a voice. Let's all start living in spirals of abundance. As we shift from a consumer to a producer mindset and take an active role in creating the world we want to live in, we will then find new ways to provide for our basic needs that care for the Earth, its people, and our future. And that is Permaculture.

Our dollars vote, folks. Stores, restaurants, and corporations **will continue to produce and market what we consume** as long as we are willing buy it.

To dig in deeper and learn more about Permaculture in our region visit: RootedLoveFund.org; Abundant Michigan Permaculture, Ypsilanti at abundantmichigan.wordpress.com; or the University of Michigan Permaculture Design Team at: https://www.facebook.com/UMpermaculture. For a national reference, PermacultureDesignMagizine.com is a wonderful collective.

Bridget O'Brien is a Certified Permaculture Designer and Educator and Founder of RootedLoveFund.org. *She is also Designer and contributor of* 'Adventure to Abundance' – a Permaculture Design Process Teaching Tool Game, *and Steering Committee Member for* Abundant Michigan Permaculture, Ypsilanti. *She is Marketing Coordinator for the People's Food Co-op of Ann Arbor. She can be reached at: botanicaldesign@gmail.com or at 734-829-2645. Cliff Scholz also provided editorial input for this column.*

The Food Section

Conscious and Tasty Eating and Nutrition

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Great Tastes in Local Food

by Crysta Coburn

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Fluffy Bottom Farms: A Buddhist-inspired Dairy Farm

by Morgan Hoeffel

Page 42

Exploring our Community's Ethnic Food Markets

by Angela Madaras

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GROWN WITH LOVE USDA ORGANIC

Great Tastes in LOCAL FOOD

Column by Crysta Coburn • Photography by Rachel Everheart

Eat

If you're looking for the most flavorful, healthful, home-cooking-like carry-out food in Ann Arbor, look no further than Eat. In my busy life (not to mention my capacity as reviewer), I've eaten a lot of carry-out from numerous world cuisines. Usually these are pleasant experiences, sometimes amazing, but the food from Eat blew me away. Only a few bites into the Korean BBQ beef sandwich, my fiancé looked up and asked, "Can we have them cater the wedding?"

Eat offers an impressive and flexible catering service (trust me, I've looked at a lot) with menu options that change with the seasons. New potatoes in May, for instance, and sweet potatoes in September. And they don't only cater weddings. The folks at Eat promise to make every event unique and memorable.

According to their website, Eat is about "locally sourced, traditionally-made food, prepared and served with attention to detail." Eat also wants their food to be approachable. With traditional American comfort foods, like macaroni and cheese and beef brisket pot roast (my favorite), I think "approachable" has been accomplished, but with the inclusion of items like Winter Tagine, a Moroccan dish, and Sloppy Yusuf, spiced ground lamb with raita on an onion bun, Eat achieves "exciting."

> No one is left out at Eat! The tahini sweet potato salad is both gluten free and vegan, and has such a delightful blend of flavors — and colors — that you must not pass it up if you see it listed for that day.

Menu items are labeled gluten free, vegetarian, vegan, and vegetarian that can be made vegan when applicable, and the choices are abundant. No one is left out at Eat! The tahini sweet potato salad is both gluten free and vegan, and has such a delightful blend of flavors — and colors — that you must not pass it up if you see it listed for that day. The hand-cut sweet potato fries dipped in aïoli are also a treat and pair well with the sandwiches and burgers (the latter are served on Tuesdays only). They also serve coffee by Hyperion, a local roaster based in Ypsilanti, located near the Ypsilanti Food Co-op on River Street, and one of my favorites.

In addition to hot carry-out meals and catering services, Eat also offers "TV dinners" (complete frozen meals that can be stored and reheated later at your convenience) and there is scant seating inside and a pair of benches outside if you are looking for a quick lunch spot.

Often unique, locally-sourced restaurant meals come at a premium. I found Eat's menu items completely reasonable, accessible, and generously portioned. So much so that while eating (comfortably at home), my fiancé and I were inventing future parties to give us excuses to order from Eat again.

> If you're looking for the most flavorful, healthful, home-cooking-like carry-out food in Ann Arbor, look no further than Eat.

Find Eat at 1906 Packard Street in Ann Arbor. Open hours are Monday through Saturday 11 a.m. to 9 p.m., closed Sunday. Their website complete with a current menu is eatannarbor.com.

Taste Kitchen

When planning a night out in Ann Arbor, the choices of where to dine are plentiful. The blocks surrounding the Michigan Theater, near the corner of State and Liberty, can be especially busy on event nights, when, if you are among the Theater-goers, time is of the essence. If you make a reservation, or are a lucky walk-in (as I was), you can snag a cozy table at one of Ann Arbor's new gems, Taste Kitchen, located at 521 E. Liberty Street, right across from Dawn Treader Book Shop.

> The salmon sashimi followed the cheese beautifully and melted in my mouth. It was tempting to tell our server to keep the plates coming!

The dining room is small, hence their strong suggestion to make a reservation. After being led to your table, your coat, should you have one, is taken and stored by the reception stand, leaving you a little more elbow room at the table.

The menu is basically divided into two parts, small plates and main courses. The former includes items like a seasonal soup that changes based on available local produce, risotto, foie gras, and fish tacos. Main courses include various enticing seafood dishes, pork, and filet mignon. Taste Kitchen prides itself on a commitment to sustainability and local sourcing. The seafood choices rotate (according to their website) "based on seasonal availability and sustainability." The menu changes with the seasons, a tantalizing prospect in Michigan, where seasonal produce is plentiful and varied. The freshness of Taste Kitchen's ingredients are evident in every bite and are clearly assembled by a master hand.

> The menu consists of small plates and main courses — items like a seasonal soup that changes based on available local produce, risotto, foie gras, fish tacos, various enticing seafood dishes, pork, and filet mignon.

To drink, I ordered a latte because I needed a little perking up after a long day, and that, too, was made to impress. I tend to add sugar to coffee drinks because I frequently find American coffee to be bitter, but this latte, a blend from Ypsilanti's Ugly Mug Roastery, didn't need any sweeteners. It was delightful! The wine list is also impressive, as are the other beverage selections.

My dining companion and I ended up ordering three small plates for dinner: a bowl of pho and a Vietnamese noodle soup, for him, and a plate of salmon sashimi with garlic and scallions in truffle soy sauce for me, as well as a cheese plate to share. The three cheeses included a surprisingly silky bleu, a smooth tomme, and a rich camembert, all full-bodied and a real treat with a small dish of fig preserves and slices of toasted bread. The salmon sashimi followed the cheese beautifully and melted in my mouth. It was tempting to tell our server to keep the plates coming!

> Between the rich, flavorful fair and friendly, intimate atmosphere, Taste Kitchen delivered not only a delicious meal, but a memorable evening.

Speaking of our server, we loved her. We chatted about the food, drinks, and our plans for the evening. Another server also jumped into the conversation at one point, and the hostess chatted, too, while we collected our coats, and complimented me on my strawberry-shaped earmuffs (it was chilly that night), confiding that she'd been admiring them since I'd walked in.

Between the rich, flavorful fair and friendly, intimate atmosphere, Taste Kitchen delivered not only a delicious meal, but a memorable evening.

Taste Kitchen is located at 521 E. Liberty Street in Ann Arbor and is online at tastekitchena2.com. They are open for dinner Monday through Saturday from 5 p.m. to 10 p.m. and Sunday from 5 p.m. to 9 p.m.

Photo Captions:
Left Page, Top Right: Eat; apple pie
Left Page, Bottom Left: Taste Kitchen; Coconut Maitake — taro, beets, broccolini, pickled onion, poached egg, crispy wonton
Right Page, Left: Spencer; black lentil salad with golden beets, roast fennel and watermelon radish
Right Page, Right: Shaved brussells sprouts salad with roast mushrooms, parmesan, and preserved lemon vinaigrette

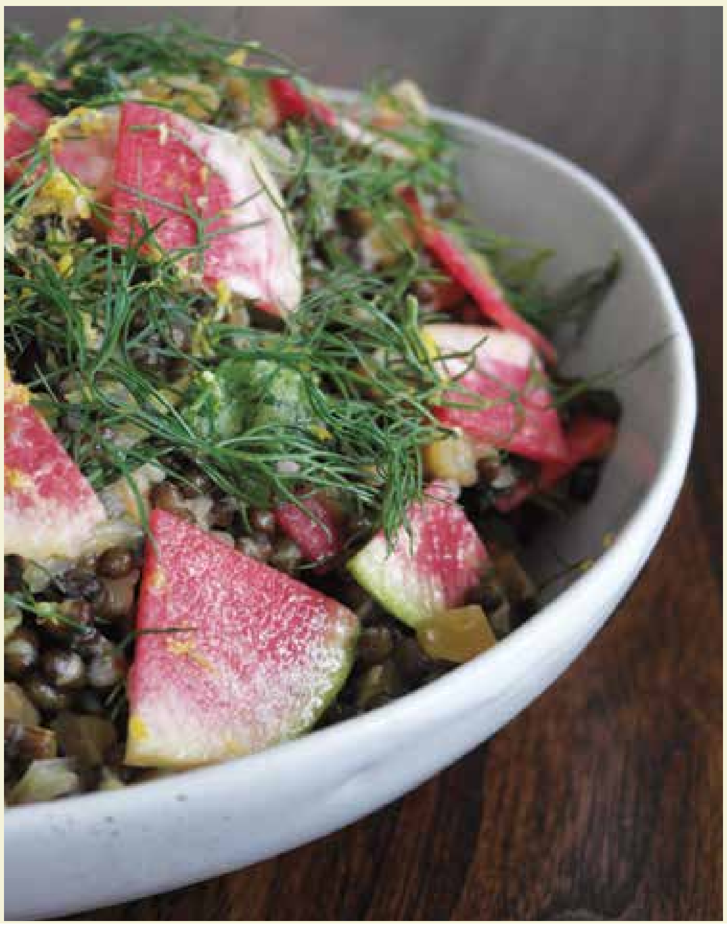
Spencer

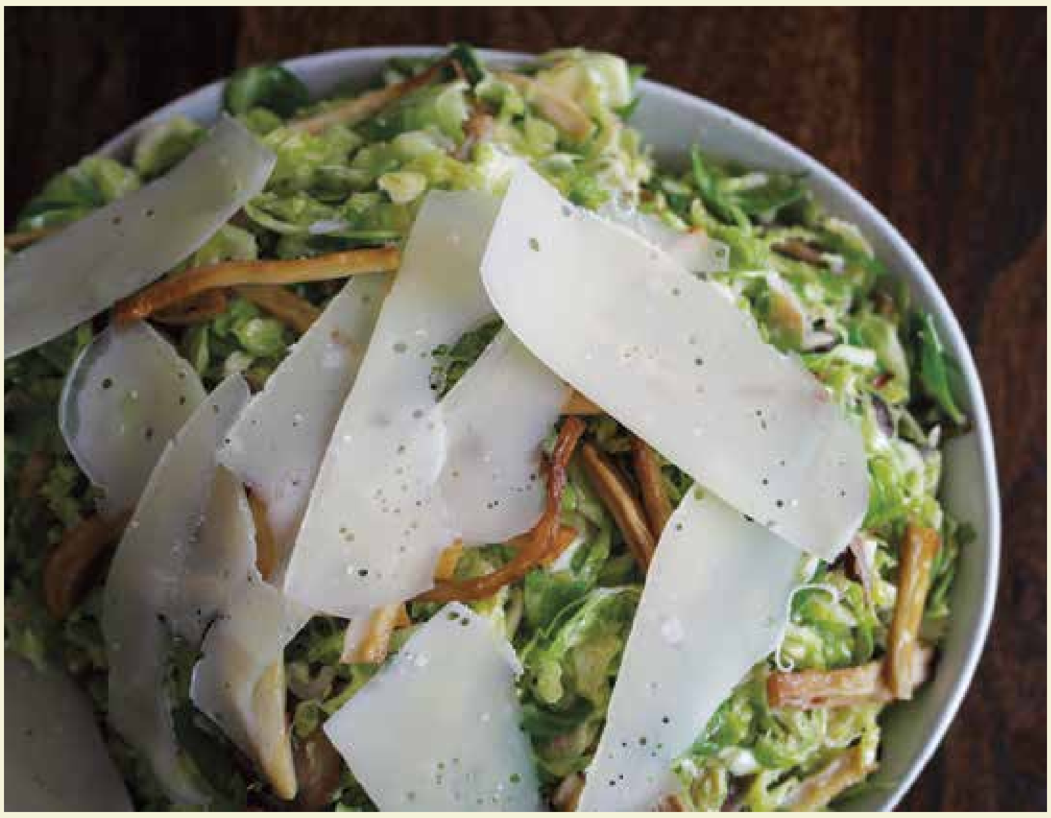
The space at 113 E. Liberty Street in Ann Arbor has been home to a few different restaurants over the past five years. It isn't a big space, but the current resident, Spencer, makes excellent use of what they have, and I hope they stay with us. Like many new restaurants in the Ann Arborregion, Spencer sources its ingredients locally (isn't it nice to be at the center of a locavore movement?), yet sets itself apart in offerings. A friend recommended Spencer for lunch, so one day when I found myself downtown in need of a bite, I decided to stop in.

> Like many new restaurants in the Ann Arbor region, Spencer sources its ingredients locally (isn't it nice to be at the center of a locavore movement?), yet sets itself apart in offerings.

To maximize seating space, the owners used two long tables in the middle of the room and two smaller tables by the front window, along with a bar with several stools by the register. The food options are simple yet well crafted. For lunch, there are soups, like the delicious Rhode Island clam chowder, salads, baguette, grilled cheese sandwiches, quiche, and more, and for dinner, items like braised pork shoulder, Moroccan chicken wings, and French radishes with whipped feta. You may also choose from a small selection of cheese and charcuterie boards.

The drink menu, both alcoholic and nonalcoholic, is quite extensive. According to the website, one of Spencer's goals is to be a "friendly neighborhood restaurant that balances the feel of a casual wine bar with craveable fare of local ingredients." Spencer offers both red and white wines from all over Europe (France, Germany, and Italy are particularly well-represented), and four draft beers, as well as a number of bottled options.





SPENCER

> For lunch, there are soups (like the delicious Rhode Island clam chowder), salads, baguette, grilled cheese sandwiches, quiche — for dinner, braised pork shoulder, Moroccan chicken wings, French radishes with whipped feta, and more.

As for nonalcoholic beverages, I very much enjoyed the Rosie Palmer, a blend of Ceylon tea, lemonade, and rose water. Spencer also offers coffee, tea, Mexican Coke, San Pellegrino, and a selection of shrubs, or sweet drinking vinegars often mixed with carbonated water, which are currently enjoying a surge in popularity.

To me, Spencer's simple and casual atmosphere is epitomized not by the communal tables or the cute alphabet cards they give you so they know where to deliver your meal, but by the use of mason jars as drinking glasses, a trend I've been seeing at lower key wedding receptions and backyard parties. And rather than paper or linen napkins, Spencer uses white cotton tea towels. Clever, I thought!

I have to concur with my friend that Spencer is a great spot to grab lunch. I can also imagine hanging out with a friend or two, enjoying wine or shrubs over a few plates of fine cheese and slices of meat.

Spencer's address is 113 E. Liberty Street in Ann Arbor and can be found online at spencerannarbor.com. Hours of operation are Wednesday through Monday 11 a.m. to 3 p.m. for lunch, and 5 p.m. to 10 p.m. for dinner on Sunday, Monday, Wednesday, and Thursday. They are open an hour later on Friday and Saturday; closed on Tuesday.

FLUFFY BOTTOM FARMS

A Buddhist-inspired Dairy Farm Begins its Life in Chelsea

By Morgan Hoeffel

“IT’S definitely a time game,” Kelli Conlin says, sitting across from me. She is a woman with a kind face, working hands, and an indescribable amount of caring energy emitting from her heart. From our conversation, I gathered that Kelli was referring to the amount of time and care it takes to run a farm like Fluffy Bottom, one where treating animals with kindness and compassion and providing products that are fresh and delicious are top priorities. As someone who grew up around many farms and 4-H fairs — with cows, goats, and chickens — I couldn’t wait to hear her stories. Kelli is the owner and caretaker of Fluffy Bottom Farms; she and her team take a mindful approach to farming and treat their animals with dignity and respect, “as sentient beings in the world,” Kelli tells me. You can feel the connection she has with the farm just by the way she discusses it.

The 200-acre farm located in Chelsea, Michigan, has been owned by members of the Conlin family for many years. Kelli is now living in what used to be her grandmother’s house on the property, sharing the house with her partner, Angie Martell, a holistic-oriented attorney in town. The farm is cared for by Kelli, Angie, and about five others who share their philosophy. Though the vision for the creamery part of the farm started about five years ago, it is a recent addition to Fluffy Bottom’s enterprise.

> Products from Fluffy Bottom Creamery, which currently include plain and vanilla yogurts as well as aged and fresh cheeses, are sold locally at Argus Farm Stop, the People’s Food Co-op, and Arbor Farms.

Kelli Conlin, owner & caretaker

Creamery products were not made available to the public until August 2015, yet Fluffy Bottom’s name is one that seems to be popping up more and more at local markets. Products from the creamery, which currently include plain and vanilla yogurts as well as aged and fresh cheeses, are sold locally at Argus Farm Stop, the People’s Food Co-op, and Arbor Farms. They offer a variety of cow and sheep’s milk cheeses, including Gouda, a manchego-style cheese called “Wonder Womanchego,” camembert, feta, and a fromage-blanc spread called “Fluffy Fromage.” They are also developing a line of smaller, 8-ounce yogurts (currently their yogurts are sold in 30-ounce containers). “It’s a challenge to compete with the big, national brands, but we believe that when people try Fluffy Bottom Farms yogurts and cheeses, they’ll never look back,” Kelli said.

Kelli believes that the quality and taste of Fluffy Bottom’s products comes from the farm’s commitment to “uplifting heritage cows” … “cows that our grandparents knew and loved as family cows.” In addition to about 60 Lacaune sheep (many of whom are expecting), the farm has six Jersey cows, a type of heritage breed. Jersey cows and other heritage breeds are smaller and more chestnut-colored than the bigger black-and-white cows most of us are used to seeing. Milk from Jerseys and other heritage breeds is much better tasting than that of the bigger cows (Holstein’s), which are bred for sheer volume production. “Most of us have never tasted milk from a heritage cow. It’s not easy to find…. In Michigan, Fluffy Bottom is the only creamery that is making yogurt from Jersey cows. The difference is remarkable,” Kelli said. The milk Jerseys produce is known for being rich and creamy, and it has a higher butterfat content. “This is why people who are ‘addicted’ to our Fluffy Bottoms yogurt realize that it’s the quality of the milk that really makes the difference.”

> Kelli believes that the quality and taste of Fluffy Bottom’s products comes from the farm’s commitment to “uplifting heritage cows” … “cows that our grandparents knew and loved as family cows.”

Kelli and her team also believe that how you raise the animals is of key importance in producing a healthy and delicious dairy product — and they don’t take any shortcuts when it comes to raising animals kindly and consciously. “We don’t see animals as ‘livestock’ but as real partners in what makes us unique and what makes our milk, yogurt, and cheese so special,” Kelli said. Fluffy Bottom wants to be different from what a lot of other farms are — corn, soybeans, etc. —and instead use their land for a “more natural purpose,” to nurture and provide a haven for the animals there. “It’s important to us that our animals are cared for in a mindful way,” Kelli said, and Fluffy Bottom goes above and beyond to do so, whether it’s performing Reiki on the animals or planting a patch of turnips to nourish the sheep in winter months when grass isn’t an option. “We want to raise animals that are really contented and happy.”

The cows and sheep at Fluffy Bottom enjoy a quality of life that, unfortunately, many other farm animals do not. Too often, when production and speed are top priority, animals are viewed more like machines rather than living beings. At Fluffy Bottom, animals are regarded "as sentient beings in the world." Each animal even has her own unique name. "We have cows named Alice B. Toklas and Gertrude Stein, and Kwan Seum Bosal (the Buddhist bodhisattva of compassion). We have sheep named after a lot of influential women, including Harriet Tubman, Margaret Sanger, Haju Sunim, Madame Curie, Hillary Clinton, Rigoberta Menchu (a resistance leader in Guatemala), and Aung San Suu Kyi (the resistance leader in Myanmar)." Among that list is the namesake of an influential woman whose impact has been felt particularly close to home, and at Fluffy Bottom — Haju Sunim.

For several years, Kelli has been a student at Ann Arbor's Zen Buddhist Temple, where Haju Sunim is resident priestess. [Haju was profiled in the January thru April 2015 issue of *Crazy Wisdom Journal*.] The ethos of Fluffy Bottom has been shaped in many ways by the Zen Buddhist Temple, and Haju has been a great inspiration to Kelli. Haju has encouraged her to cherish the land she owns and to go deeper into her stewardship of the land, rather than simply accept the role of dairy farmer at face value, and Kelli has taken this advice to heart.

> "In Michigan, Fluffy Bottom is the only creamery that is making yogurt from Jersey cows. The difference is remarkable."

The temple's influence is present in many aspects of Fluffy Bottom Farms, even down to individual yogurt flavors. Recently, a morning at the temple sparked a new flavor idea for Kelli — "Buddhist Breakfast." "One morning during a training there, the miso soup and the yogurt in my bowl swirled together so wonderfully that I just knew at that moment it was a flavor combination that I had to share with others," she explained. Buddhist Breakfast, which will be flavored with miso and kale flecks, will be the first in a whole line of "temple-inspired" yogurts. It is scheduled to be released this spring, and part of the proceeds will be donated to the temple. Miso and kale may sound like an odd combination for yogurt, but Fluffy Bottom is excited to be developing more of these savory-type flavors. "We're programmed to think of yogurts as sweet," Kelli said, "and while some of the flavors we produce are lightly sweetened, we try to stay far away from the cloying sweetness that people recognize most of the yogurts on supermarket shelves for."

> "We don't see animals as 'livestock' but as real partners in what makes us unique and what makes our milk, yogurt, and cheese so special."

Though a savory yogurt is something you might be hesitant to try, it's hard to doubt Kelli and the Fluffy Bottom team when they call something delicious. Their commitment to quality across the board — the land, the animals, the people, the products — makes them one unique and remarkable farm, and unlike most farms I've ever seen. Whether savory or sweet, you will surely find a yogurt flavor that's to your liking — and you can bet that whatever product you may be tasting is the result of much dedication, care, and time. Kelli Conlin and her staff are wonderfully dedicated individuals who are helping to revolutionize farming in Washtenaw County.

In addition to savory yogurts, Fluffy Bottom Farms will also be releasing familiar flavors, like Michigan Strawberry and Michigan Blueberry, as well as a sheep's milk yogurt. They can be found at the Ann Arbor Farmers' Market and the Chelsea Farmers' Market starting this spring. Fluffy Bottom Farms is located at 10750 Jerusalem Road, Chelsea, MI 48118. Phone number: (734) 548-0234. You can reach Kelli Conlin at kelli.conlin@gmail.com or through the Facebook page for Fluffy Bottom Farms: www.facebook.com/yum.fluffybottomfarms/.

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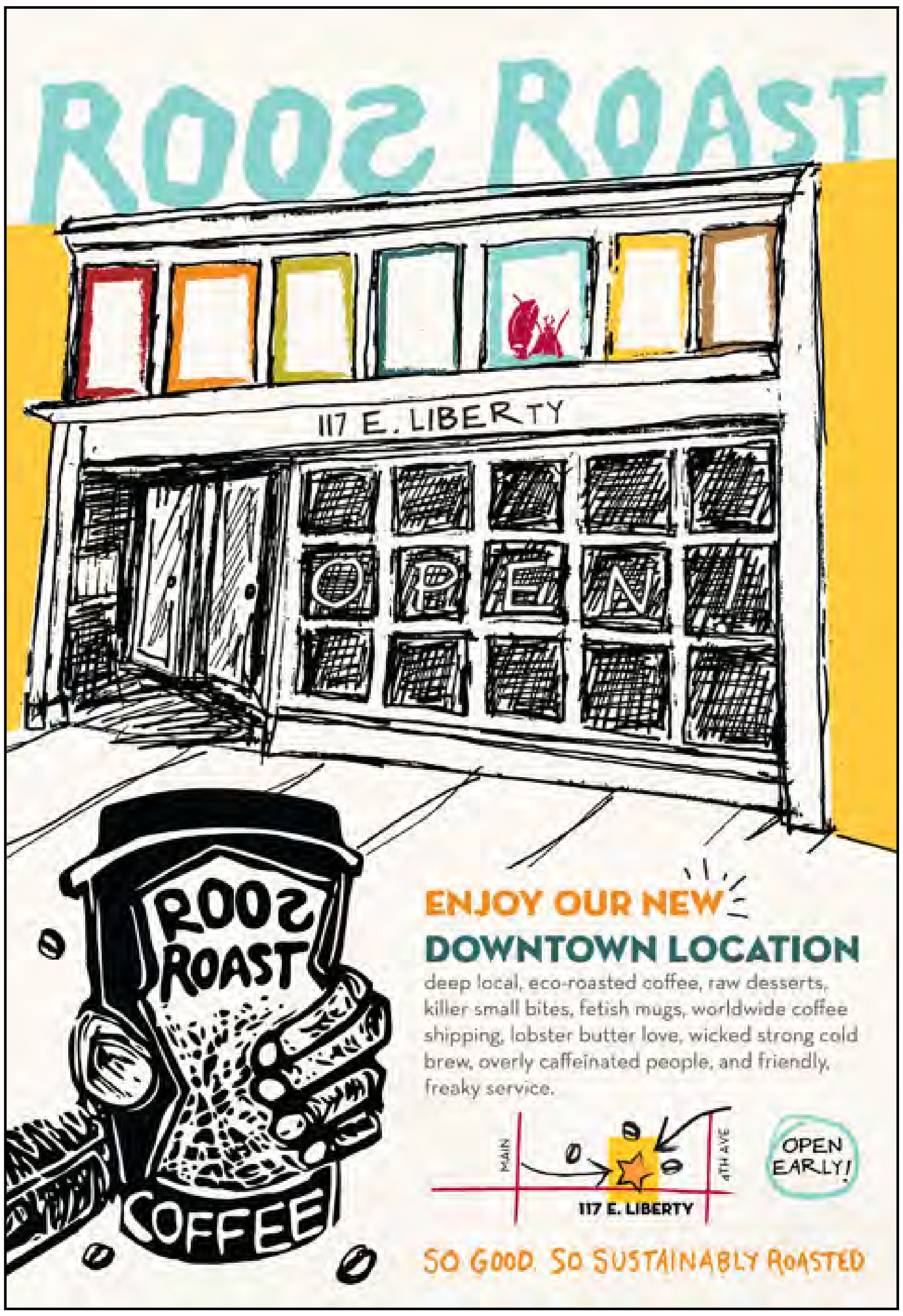

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Exploring our Community's Rich Cultural Diversity *Through* Ethnic Food Markets

By Angela Madaras • Photography by Rachel Everheart

Tienda La Libertad

I recently explored many of our community's richly diverse, ethnic, and locally owned specialty food markets with an open mind and curious palate. I was eager to find not only exotic foods but also interesting proprietors, insight into other traditions, and a sense of connection in an all-too-divergent society. Inside the following three Ann Arbor markets, I found exactly what I went in search of. It was an exotic journey of colorful images, intoxicating aromas, new and unusual flavors, and rich cultural heritage. I have seen the movement known as "Global Gastro" growing over the years, thanks to a rise in food publications, blogs, and TV shows. Global Gastro encapsulates the essence of what food adventurers crave: something exotic, remarkable, sensual, and provocative; perhaps even extreme. Our community is home to a smorgasbord of specialty food markets that cater to an ever expanding multicultural society, and to food adventurers alike. I envision food as being the key ingredient that brings us together at the communal table of multiplicity.

Tienda La Libertad

Tienda La Libertad offers fresh baked goods, tortillas, corn chips by Ann Arbor Tortilla Factory, produce, Piñatas, candles, an extensive selection of herbs and spices, frozen and refrigerated items, and packaged foods from Central America, South America, and Spain.

I encourage you to explore the world of shopping beyond the large chain stores and usual suspects. A food adventure tour like this is a great date idea for the food lover in your life. You can take your special person to three or four stores while tasting and purchasing consumables you can't pronounce. You might end up in your kitchen preparing an exotic meal with all your treasures. Some shop owners will even send you home with a few recipe ideas, and perhaps share a story of their heritage and food culture. You might find language barriers, so I suggest you try Google Translate on your phone. It will help you understand and communicate as you dialog. I believe that mutual respect is the key to engagement and understanding. I found that people were more receptive to me when I made myself responsive and engaging. I met some wonderful people along the way.

Tienda La Libertad and Taco King, Authentic Mexican Specialties (2231 W. Liberty at Stadium) is where two worlds collide into a growing taco enterprise within a tightly packed, comprehensive and well-organized Latin foods market. They offer fresh baked goods, tortillas, corn chips by Ann Arbor Tortilla Factory, produce, Piñatas, candles, an extensive selection of herbs and spices, frozen and refrigerated items, and packaged foods from Central America, South America, and Spain. The store is organized by country of origin from Mexico to Peru and Spain. It is the only place I have found "Salsa Lizzano" from Costa Rica. They will do their best to source special orders for grocery items, within reason. You can buy their homemade salsas, guacamole, and chorizo in small quantities.

When I shop at Tienda La Libertad, I like to place an order for take-out, which is then made to order while I shop. I warn you though; like me, you may not be able to resist eating your food immediately. They have plenty of seating in the dining area, but I inevitably jump in my van only to ravenously eat half a piping hot taco with a satisfied smile on my face and glorious juice dripping from my fingers and chin. The tacos are made with two soft corn tortillas wrapped around filling of choice. They come with a garnish of onions, lime, cilantro, and two in-house made salsas. For breakfast you can't go wrong with any of the options, but I recommend the Huevos Con Chorizo. Their chorizo (ground Spanish sausage) is made daily in house, and is a recipe created by partner-wife Sihem. She created most of the recipes with their unique twist on traditional Mexican fare, including a Veggie Menu. If you are not ready to order food, you can buy the ingredients to make your own themed dinner party complete with Piñatas and candles. Your guests will be quite impressed.

The husband and wife team, Saber Naghmouchi and Sihem Ben Aich, behind this popular venture are, surprisingly, Tunisian. Their recipe for the perfect marriage of culture and business is evident in her cooking talents, and his sense of business. Saber attended graduate school in Bowling Green, Ohio, then moved to Ann Arbor, where he pursued a 10-year career in business management. They purchased "Tienda La Libertad" in 2011 from the original owners, and have made many improvements in the market and in their widely popular restaurant, Taco King, a name they created. They now have two Taco Kings in Ann Arbor, but only the one market (at the W. Liberty location). Find their menu online at www.annarbortacoking.com. Taco King also delivers.

Tienda La Libertad and Taco King: 2231 W. Liberty Street at Stadium, Ann Arbor 48103; (734) 585-5796; www.annarbortacoking.com. Hours are Monday through Saturday from 10 a.m. to 10 p.m.

Taco King at 4079 Stone School Road, Ann Arbor 48108 (734) 585-5791. Hours are Monday through Saturday 11 a.m. to 9:00 p.m. and Sunday 12 p.m. to 9 p.m.

Euro Market

BESTSELLERS
BESTSELLERS
ENGLISH BREAKFAST
ENGLISH BREAKFAST
GOLDEN CEYLON
BESTSELLERS
AKBAR
AKBAR
AKBAR
AKBAR

Located on Packard at Platt in a strip of stores where there is a variety of ethnic fare, Euro Market carries a wide selection of Eastern European foods, deli provisions, and wine. Euro Market's owner, Henry Moldovanov, came here from Siberia. He opened the store in 2004 with a partner who passed away six years ago. It is the first store of its kind in Ann Arbor, catering not only to the Russian community but also to Eastern European, Jewish, and German clientele. My husband is of Hungarian descent and I'm of German heritage. We crave fermented, pickled, smoked, and cured provisions. When I stumbled upon this market, I found a bounty of foods imported from the old world, and a few sourced locally. They offer freshly baked, organic Ukrainian and German bread, which sits on a shelf at the deli counter. The deli alone tempted me right when I walked in the door. I was on visual overload my first and even second visit. The shop is neatly organized with brightly colored jars and packages that line both walls of the store. Toward the back, they have a refrigerator and a freezer section filled with smoked fish, dairy items, including a very special cultured sour cream, pierogies, and so much more. They also have fermented Russian-style sauerkraut in a refrigerator by the front door, and it's made fresh with cabbage and carrots.

> *Slow food and pleasurable meals bring people together in celebration and community spirit. The Euro Market reflects this lifestyle.*

Upon my first visit, I purchased a delicious jar of "Ajvar" based on a friend's recommendation. It is a creamy roasted red pepper, garlic, and eggplant spread that can be used as a dip or a sauce in main dishes. The second visit, I sampled and took home two very unique salamis and a fabulous Russian-style cheese that had the texture of havarti but with its own mild character. Paris Brand salami was mild and buttery compared to their "Gypsy Sausage," which was spicy and robust. Both went well on pizza.

Galleria Asian Market

This is your one-stop specialty shop for Eastern European cuisine. It is a friendly and welcoming store. They will even special order delectables. They buy according to the needs and desires of their customers. "Food is a pleasure," said Henry, and I can see how he serves at the pleasure of his customers. He explained to me that Russian meals shared with family and friends are lengthy, leisurely, and enjoyed along with conversation and good vodka. This communal style of slow eating and sharing is not unique to Eastern Europeans. Many other cultures take their time in this way. Slow food and pleasurable meals bring people together in celebration and community spirit. The Euro Market reflects this lifestyle.

Euro Market: 3108 Packard Road, Ann Arbor 48108; (734) 975-4326. Hours are Monday through Friday from 10 a.m. to 8 p.m. and Sunday from 12 p.m. to 6 p.m.

Galleria Asian Market

Galleria Asian Market opened its doors in 2010, and is run by owners Soo H. Bang and Hyun B. Bang with the help of their son, Jason Bang, who runs the front of the market. I met Jason on my first visit to the market. An acquaintance suggested I try their in-house Japchae (pronounced jop-chae with a short "o" sound), a Korean noodle dish with meat and vegetables. Their recipe was the best yet. They also sell Kimchi Soup, Bibimbap, and other specialties to carry out. The bulk of the store offers an extensive variety of Korean and Japanese foods along with a wide range of other Asian cuisines. I was impressed by the cleanliness and organization of the store, and by their organic produce options. In season they source local produce and Michigan chestnuts. Jason gave me an informative tour of the store and the products they sell. He was attentive to all the customers in the store. It is rare to have such personal care in a grocery shopping experience.

AM: Is there anything you want readers to understand about Asian food culture?

JB: Asia is diverse. Wikipedia says Asia is the most populous continent with 48 countries each with their own language and culture, compared to the contiguous 48 States where people share the same language and culture for the most part, but each state has its own unique traits and food. Now imagine how difficult it is to define the food and culture of these 48 countries under the umbrella of "Asia." We use the term "Asian" loosely because it is easily recognizable. As for the food culture, I liken it to any other refined experience; if you like it, you can refine the experience by learning more about the culture — wine, art, and so on. You don't have to know everything about it to decide what you like, but your enjoyment will increase the more you know. It really doesn't matter where a particular food comes from, as long as the food was tasty and nutritious. Enjoy.

We have become an Asian ambassador of sorts in the Ann Arbor area, mainly because we opened the store in this great city, and our patrons choose to shop here. We don't profess to know all things Asian, but sure enjoy conversing with our patrons about something as simple as making miso soup, to sourcing the ingredients to make Kimchi at home, among other things. The store can be intimidating to some. I often tell my bewildered customers to remember a name of the dish they liked, or to go eat at an ethnic restaurant and learn the name of the dish you like. Then shop for the ingredients to make that dish.

I wish to learn more with each visit to Galleria. I am happy to have found a prized example of a market, with genuinely caring people.

Galleria Asian Market: 3111 Packard Street, Ann Arbor 48108 (734) 975-8900; www.a3galleria.com. Hours are currently Monday through Saturday from 10 a.m. to 7 p.m. and 12 p.m. to 6 p.m. on Sunday.

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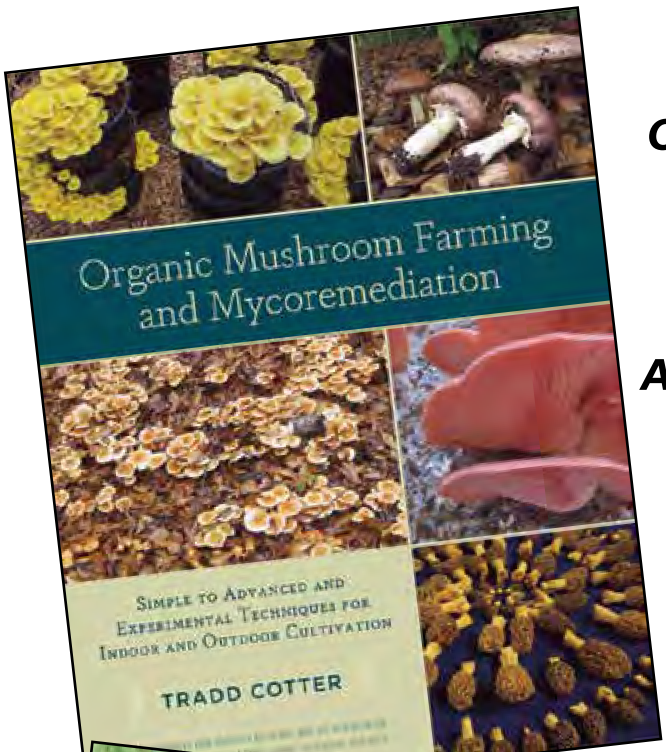
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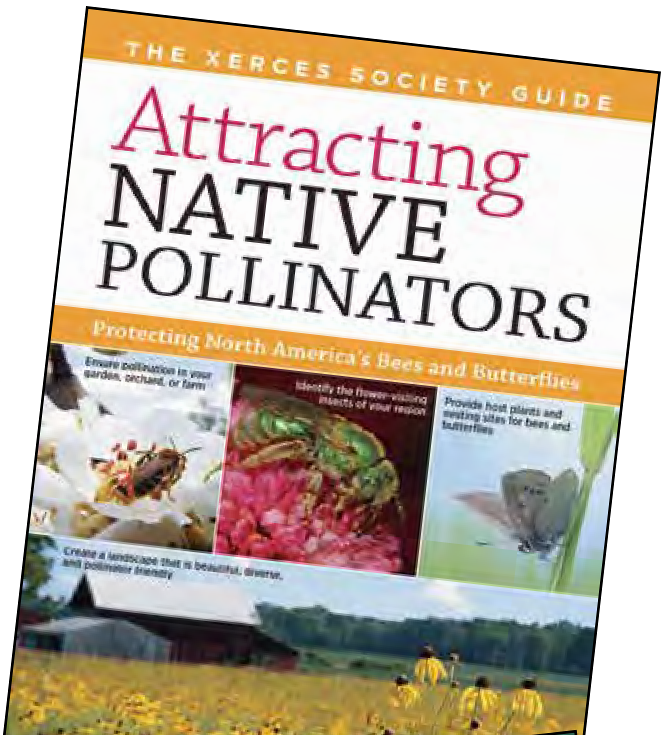
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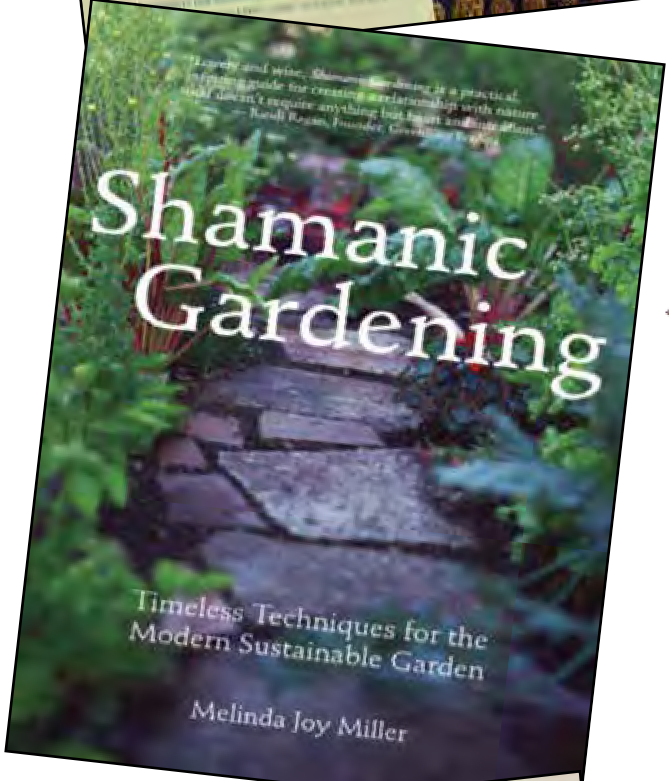
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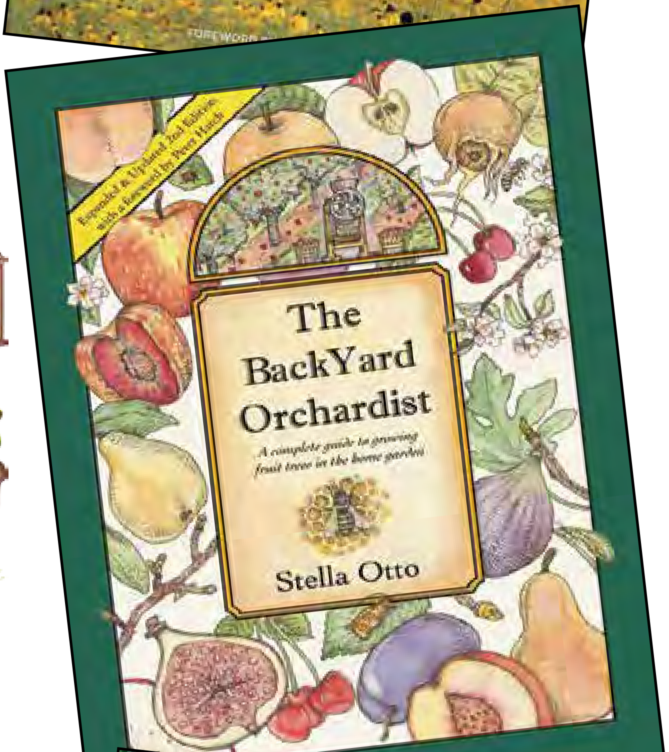
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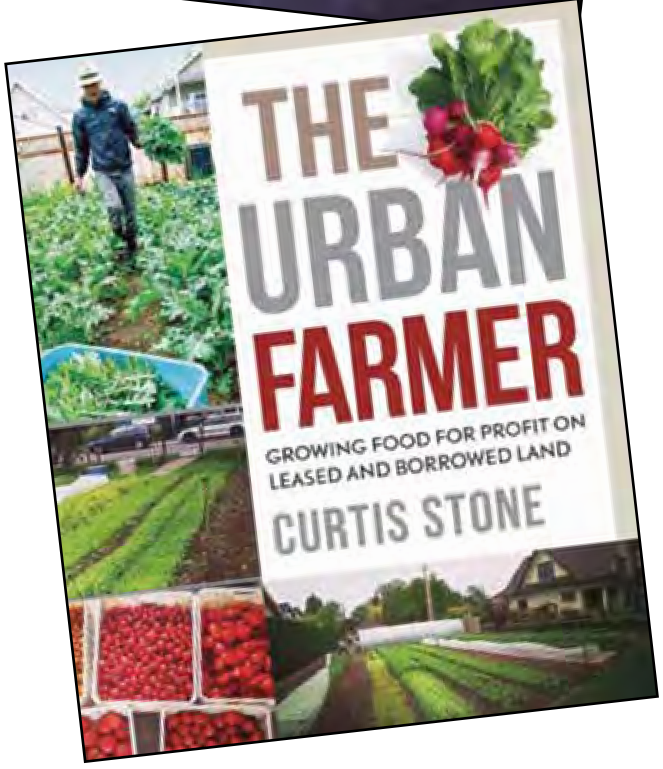
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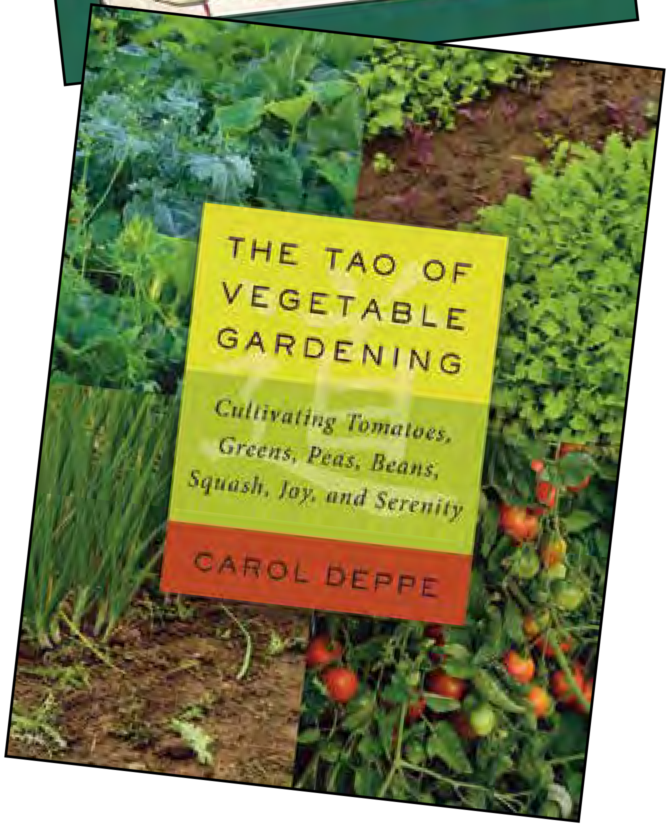
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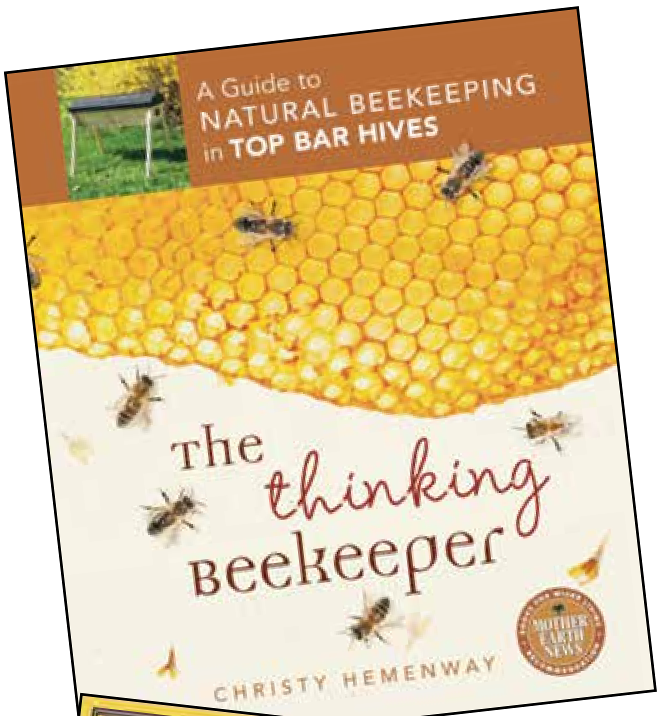
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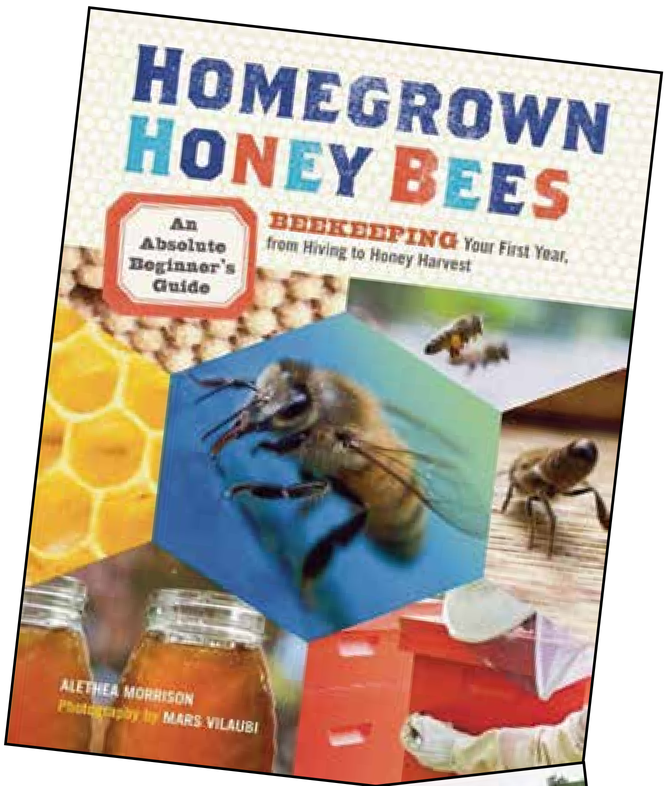
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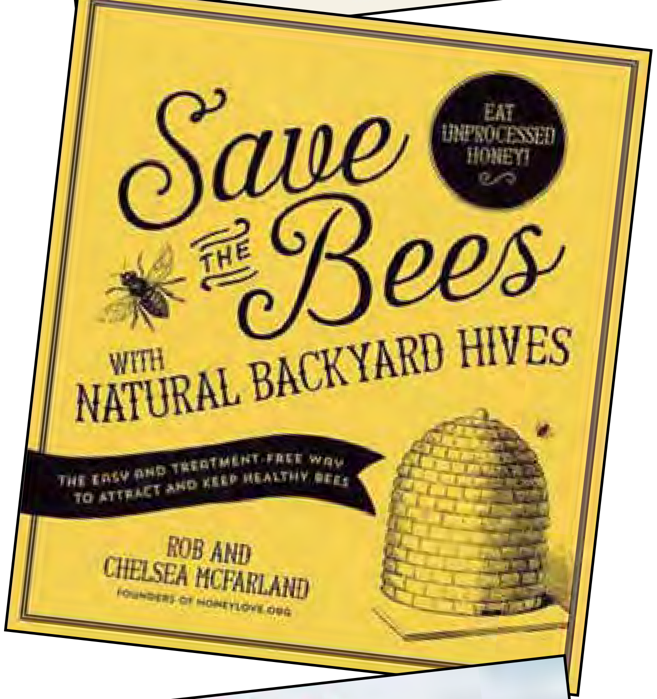
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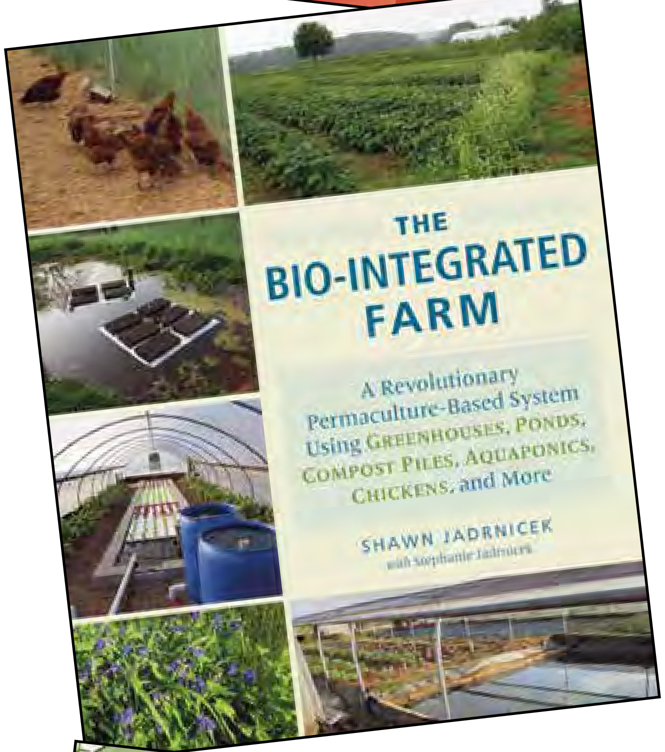
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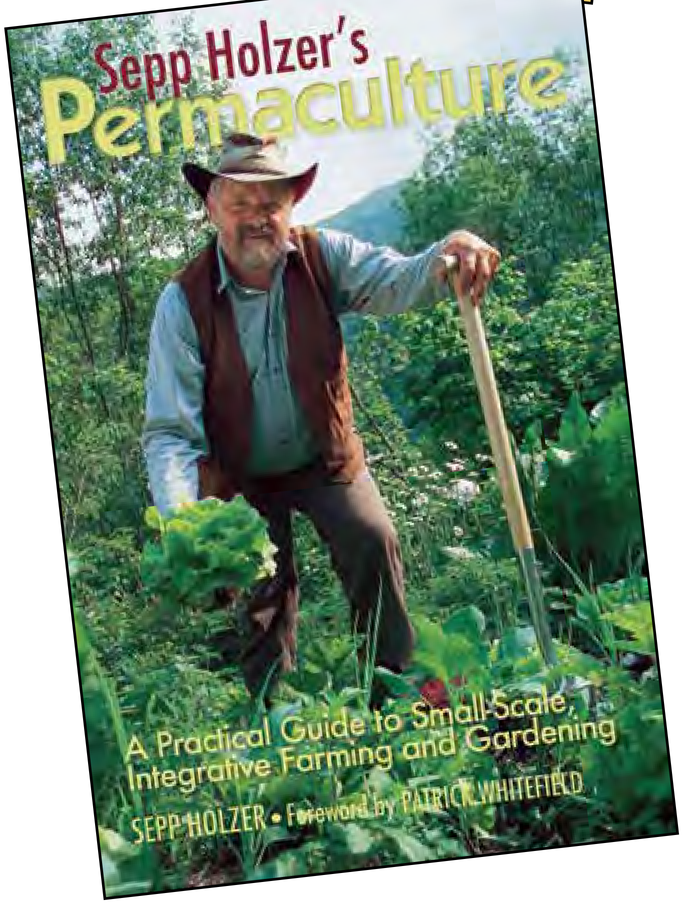
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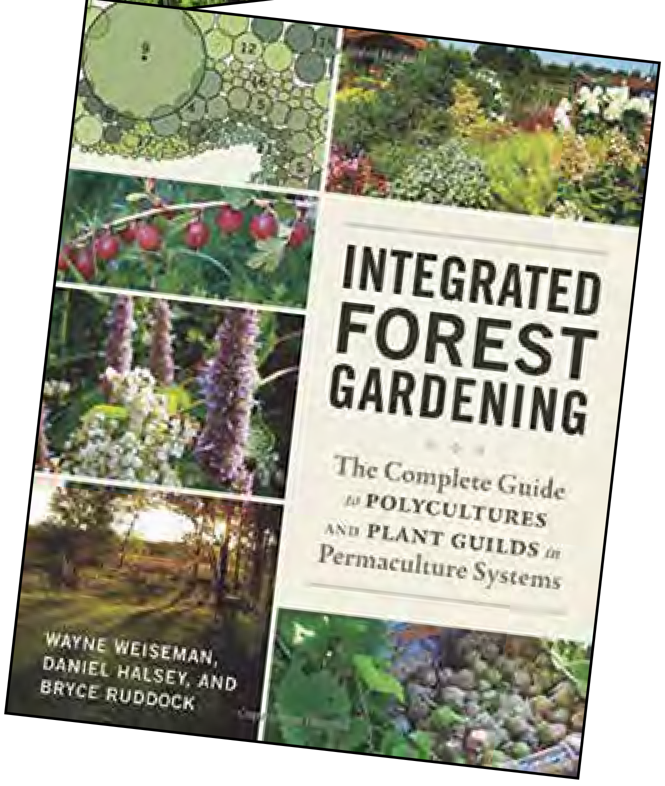
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A Family Art Exhibition~ Three Sisters and Their Mom

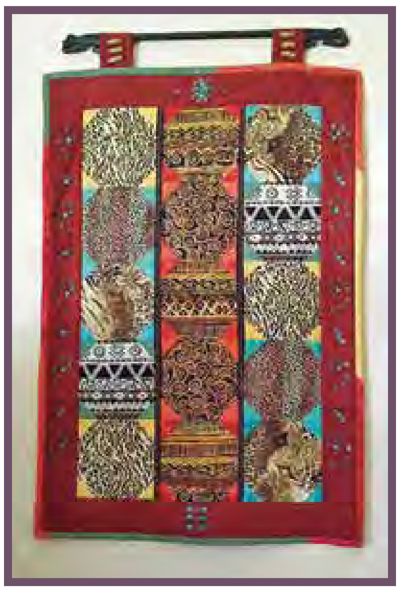
• • • • Wanetta Young, Wasentha Young, Maryam Ali, and their mother, Wanetta Jones • • • •

By Nadia Todoroff

Wanetta Jones is a firecracker. At eighty-seven years old, her voice floats and delves octaves with stories of herself and her three daughters, all of whom are artists. Sitting in her Ann Arbor condo surrounded by her oil paintings, she explains the way she encouraged her three girls to become artists: “I said, you kids have to pick out art. I’m not going to have my children grow up just using one side of their brains.”

So they did. And now, after all those years, they are having their first art show together, to be held July 1-30 at the Kerrytown Concert House in Ann Arbor.

Maryam Ali, the oldest daughter at age 66, has a job as an administrative assistant but actively pursues her art in her spare time. She uses mainly stoneware clay to create functional and sculptural ceramic pieces. Maryam apprenticed with a master ceramicist in 1998 and now makes some of her own glazes, which are usually in warm, earthy tones. Her pieces are hand-built and slab thrown. Lately she has been creating wall pieces, and makes custom stamps that she uses in her work.



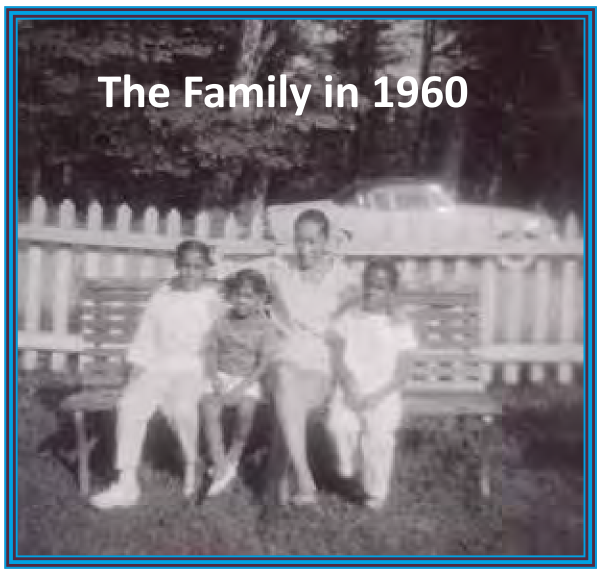
Wanetta Young’s Fabric Collage

> “I said, you kids have to pick out art. I’m not going to have my children grow up just using one side of their brains.”
> — Wanetta Jones (mother)

Maryam’s ceramics are inspired by walks in the woods, nature, and the changing of the seasons. “I like to play jazz [while making art]. I have my music going, I open up the back curtain and I have bird feeders — the birds are going back and forth — and my jazz is playing, and maybe I have an emotion or idea in my head and I just kind of go with the flow,” she said.

Sixty-three-year-old Wasentha Young, the middle sister, is owner of the Peaceful Dragon School in Ann Arbor, where she teaches T’ai Chi Ch’uan and Chi Kung. She creates mosaics. Her interest was sparked at the age of eight, when she received a mosaic ashtray kit. There was something about the grouting process that resonated with her, and she told herself she would have to revisit mosaics sometime in her life.

Forty-five years later, Wasentha returned to mosaics, after traveling through Europe in 2006. She said, “Spain ignited my interest again, Greece made me curious, and Italy moved me into learning about the art itself.” She later studied at the Chicago Mosaic School, where she learned to work with the hammer and the hardie, which she uses to cut marble, slate, and stone. Many of her pieces convey movement and transformation, as do her T’ai Chi and Chi Kung practices.



The Family in 1960

> “She [my mother] opened my eyes to color and expressing yourself in an artistic way.”
> — Maryam Ali (oldest daughter)

Wasentha explained, “There’s a state of mind you get into in creativity… One of the men that I interviewed in Ravenna [Italy], he put it as, ‘time dilates.’ And in that dilation of time, the mind and the heart really connect… And that’s not time in terms of the clock or in terms of the sun going up and down, it’s a different aspect of time. Where there is actually kind of no time. In T’ai Chi, you take the body on that same journey. Where the body is moving through space in this state of mind of being; where there isn’t any time.”

Wasentha creates mosaics she calls “power pieces,” which are inspired by the Aztecs’ use of mosaics to empower their masks and shields. She also makes “process pieces,” which, for her, reunite a fragmented aspect of the psyche and put it into a place of harmony, which often requires more chaotic lines of expression. “Sometimes the materials themselves tell me what’s supposed to happen. If I try to interfere with that, then my piece is going to exemplify that struggle,” she said.

Wanetta Young, the namesake of her mother and, at 60 years old, the youngest sister, works with fabric. She began with traditional quilting, but the artist within her expanded beyond traditional styles. “I used to do painting, and I sort of transferred some of that artistry into fabric,” she said. “I never enjoyed coloring in the lines of a coloring book!” She describes her work as a collage with fabric. She works as a bookkeeper now and, for her, fabric art is more of a hobby than anything else.

As a child, when she first started drawing, Wanetta shared, “I was making people’s heads, and I would attach [them to] their shoulders without a neck. My mother would have me feel my neck and look in the mirror…She was very patient with me, because after she taught me people had necks, I was drawing people with necks like giraffes!”

> “I was making people’s heads, and I would attach [them to] their shoulders without a neck. My mother would have me feel my neck and look in the mirror…She was very patient with me, because after she taught me people had necks, I was drawing people with necks like giraffes!”
> — Wanetta Young (youngest daughter)

In regards to her family’s influence on her art today, Wanetta said, “The fact that they’re creating something -- that inspires me with my own work. They’re using that part of themselves, the right side of their brain.”

Raised in Long Island, New York City, the sisters grew up with a strong sense of independence. Their mother said, “The first thing they learned is they had to like themselves. And you like yourself better than ‘they’ [others] like you. That was a rule of the family.” She continues, “I raised my daughters as, ‘I’m not going to make decisions for you. And whatever you want to do, you have to do it well.’ ”

The elder Wanetta, now an oil painter, began creating art at a young age. The oldest of her mother’s family, she was forced to become an adult early on and took care of six young siblings and cousins while her mother and aunt worked. She spent the time she had to herself copying trees and nature with chalk. “When I was younger and I had all those kids to watch…that’s what helped me keep my sanity. The fact that I would do art,” she said.

> Her interest [in creating mosaics] was sparked at the age of eight… and she told herself she would have to revisit mosaics sometime in her life. Forty-five years later, Wasentha returned to mosaics, after traveling through Europe in 2006.

After studying commercial art in New York in the mid-1940’s, Wanetta went to the Pratt Institute of Art in New York City, where she was educated in an array of art forms including fine art, 3-D art, and textiles. After taking jobs painting murals in people’s houses, Wanetta had to take a hiatus from her personal art as her children were growing up. “Their father and I were splitting,” she said, “and I had to get more than one job, which put my artwork on the back burner.”

Wasentha was the first of the daughters to delve into art. Wanetta said, “I came home from work one day, and we lived in a middle-income project. I went in her bedroom and looked up, and she had taken thread of different colors and covered the ceiling. But it was such a fabulous design! That’s when I realized Wasentha had my gift.

“And she’s sitting there, defiant. ‘Now let’s see, if you don’t like what I like, well…’ Wasentha was very tough like that… And I said, ‘Ooo! This is gorgeous! You did that?’ She’s looking at me like I’ve gone crazy, ‘cause she did not expect me to do that.”

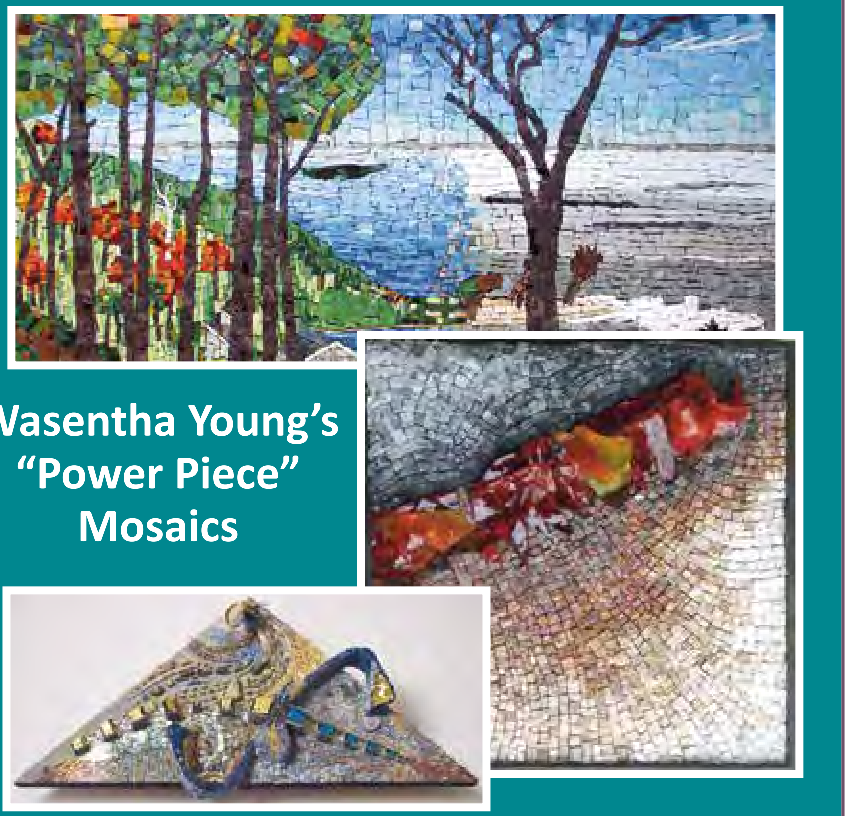
> “There’s a state of mind you get into in creativity… Where there is actually kind of no time. In T’ai Chi, you take the body on that same journey.”
>
> — Wasentha Young (middle daughter)

Wasentha recalled, “My mom asked, ‘Why did you do that?’ I said, ’Because I’m tired of living in a box.’ And she said, ‘Ok,’ and that was it. She kind of left me a lot of space to be creative.”

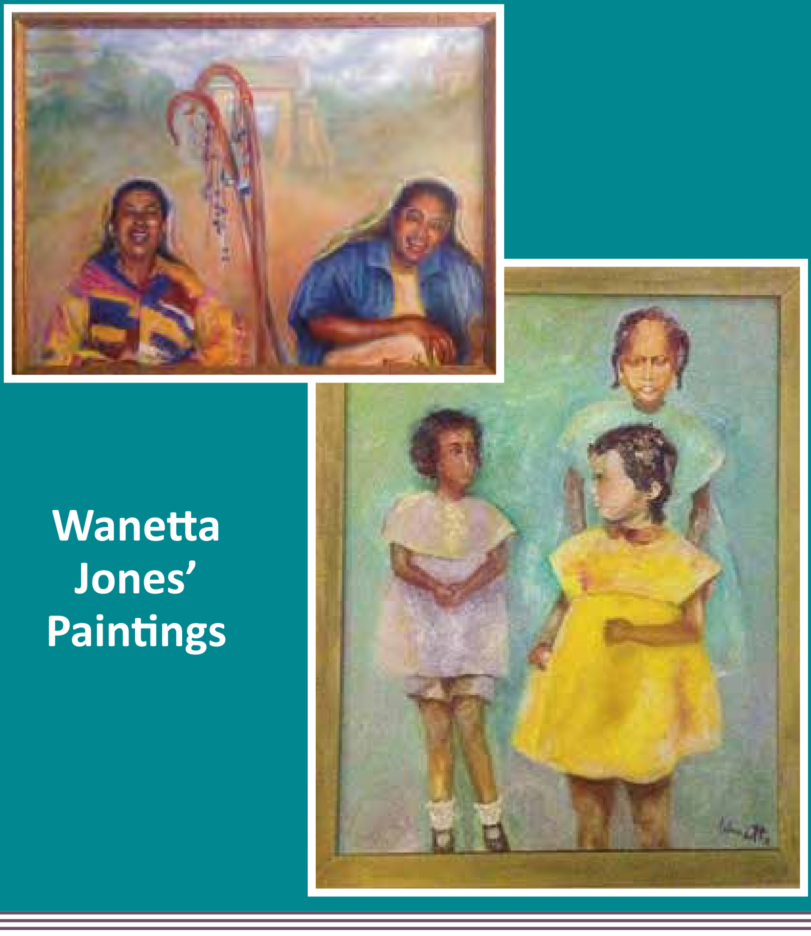
Maryam said, “She [my mother] opened my eyes to color and expressing yourself in an artistic way. When I was very young, I was playing and I saw her sketch with a pencil, and I was amazed. My mother was always sewing and things like that, but to see her sketch something, that kind of opened my eyes.”

Continued on page 48

Maryam Ali’s Ceramic Wall Art and Pottery



Wasentha Young’s “Power Piece” Mosaics



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A Family Art Exhibition~

Continued from page 47

Wanetta told her girls: “Each one of you pick a facet of art. You pick that part of art that you like best. You might even pick something, then later on you don’t like it. So? One of the things that makes the United States the best country in the world, no matter where you are, is nobody’s going to kill you if you fail at something and you are gonna try something else. Part of our freedom is to keep going, and do different things. You are becoming what you are because you are American.”

> Wanetta Jones...took care of six young siblings and cousins while her mother and aunt worked. She spent the time she had to herself copying trees and nature with chalk. “When I was younger and I had all those kids to watch...that’s what helped me keep my sanity.”

After her daughters grew up, Wanetta spent much of her time oil painting. “Many times I would have conversations with them when I really started to do a lot of art, and I would ask their opinion. And they were so thrilled that the first paintings that I made were pictures of my children.”

Many of Wanetta’s paintings now are landscapes. “I will never paint from a photograph. Now that I have used the photographs to make nice paintings of my children when they were little, I don’t need to do that. I make my own artwork of places, and mostly places that I identify with.”

She shows me a painting, one with a scraggly white tree and mountainous hills in the background. “This is near UCLA. When I used to live in California, I worked for UCLA. I like the way these mounds are. I was Presbyterian at that time and I asked the people there, members of the church [who lived in this area]... ‘Do you mind if I come to see you and could I paint the scene of your backyard or upper yard?’ And they were delighted to be recognized. So that’s what I started doing. I stopped using newspaper things — no, I had to do it myself.”

> “I came home from work one day, and we lived in a middle-income project. I went in [Wasentha’s] bedroom and looked up, and she had taken thread of different colors and covered the ceiling. But it was such a fabulous design! That’s when I realized Wasentha had my gift.”
> — Wanetta Jones (mother)

On raising her children, Wanetta notes, “Let them make...decisions, just so long as you can let them, but also let them know, anything go wrong, or somebody bothering you? I’m here.”

Wanetta Jones used to show her art out of her home, but has not exhibited her work publicly before. Maryam shows in a variety of galleries in New York, and Wasentha has exhibited her pieces around Michigan, as well as in Texas and Illinois. Wasentha also has taught mosaic classes at the Ann Arbor Art Center and the Copper Colored Mountain Art Center, just west of Ann Arbor.

Wanetta Jones and her daughters remain close, though Maryam lives in New York (state) and Wanetta Young is in California. Even from a distance, “Support for the creative process flows throughout my family,” said Wasentha.

This art show is a wonderful opportunity for them to come together creatively. The daughters will be showing recent works, while mom Wanetta’s work spans a 15-year period. All told, the women will exhibit over 30 pieces in their joint show.

“A Family of Artists — Mother and 3 Daughters,” will be shown July 1-31, 2016, at the Kerrytown Concert House, 415 N 4th Ave, Ann Arbor, MI 48104. For more information, visit www.kerrytownconcerthouse.com or call 734-769-2999.

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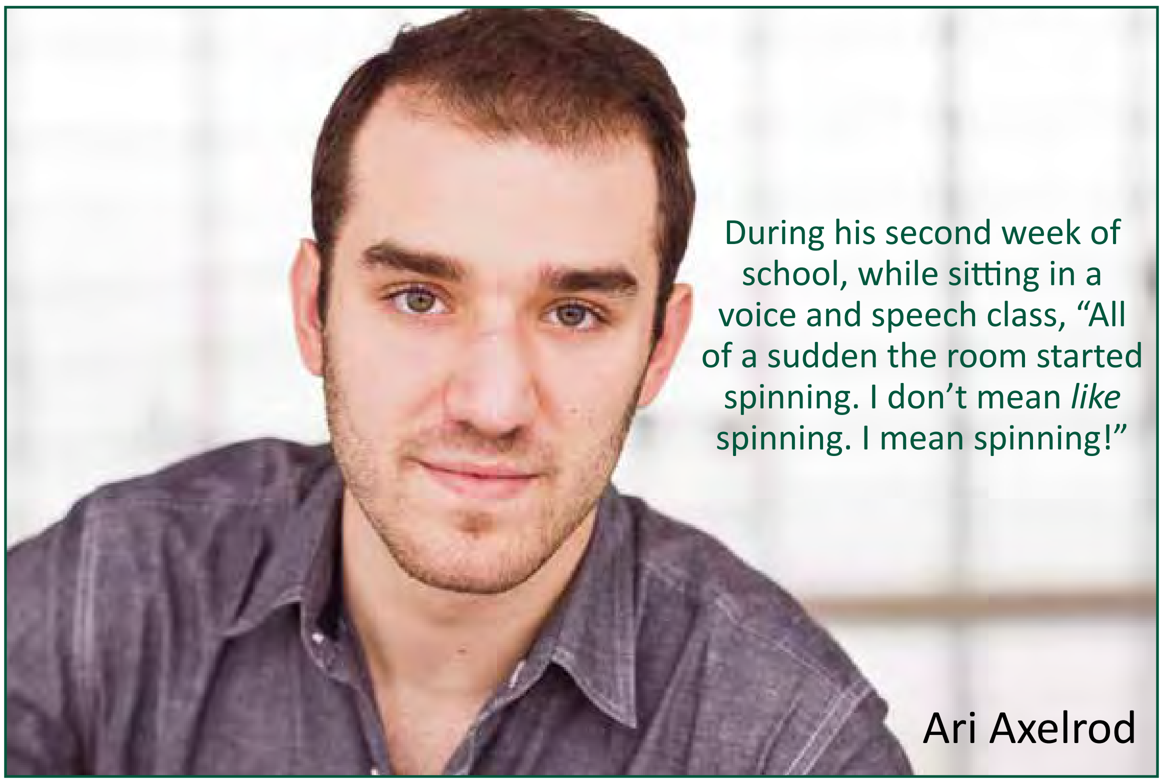
Ari Axelrod: A Life Transformed

A Young Actor's Journey Back to the Stage After Discovering He Needed Brain Surgery

By Sandor Slomovits

Ari Axelrod is 22 years old and nearing graduation from the Conservatory of Theatre Arts at Webster University, near St. Louis. Axelrod is tall, with short brown hair, and a quick and wide smile. He also has a three-inch long, half-inch wide surgical scar at the base of his skull. (More about that later.) His voice is vibrant and well-modulated, and his conversation is enthusiastic, dramatic, and intensely engaged, just what you might expect of a budding musical theatre actor. Born in Ann Arbor, Axelrod has had his heart and sights set on Broadway ever since he saw *The Music Man* in his junior year at Emerson High School. From that day on, he had a clear game plan. "From the moment I decided that musical theatre is what I want to do, I've had these goals … I'm going to go to college, I'm going to get my B.F.A., I'm going to move to New York, I'm going to audition. And if that doesn't work out, I'll get my M.F.A. and teach. That was the plan, it was working, I was on that road."



> During his second week of school, while sitting in a voice and speech class, "All of a sudden the room started spinning. I don't mean *like* spinning. I mean spinning!"

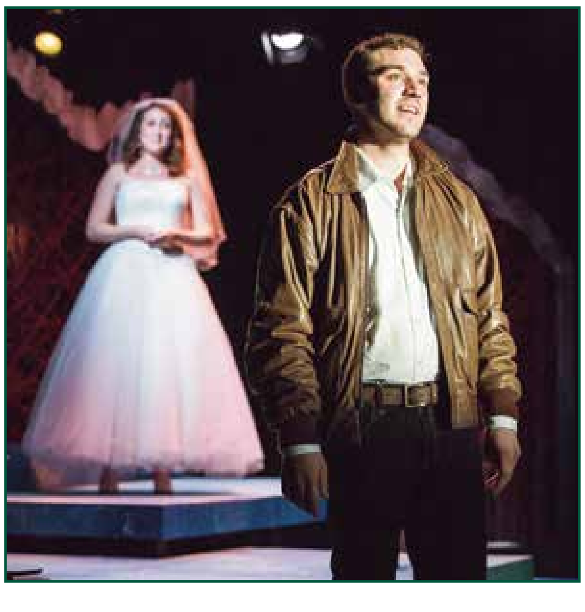
Ari Axelrod

Then, two years ago, Axelrod came to a bump in that road; more accurately, he was sidetracked by a roadblock so massive that it threatened to detour him from reaching those goals — and perhaps even any others. During his second week of school, while sitting in a voice and speech class, "All of a sudden the room started spinning. I don't mean *like* spinning. I mean spinning! I could *see* the room spin, *watch* the walls move, I could *feel* the walls move. It was just about the most uncomfortable sensation … just absolute torture." He went to an urgent care facility where a CT scan showed that he had a Chiari malformation.

> Chiari malformations are structural defects in the cerebellum, the part of the brain that controls balance.

Chiari malformations (as explained on the website of the National Institute of Neurological Disorders and Stroke) are structural defects in the cerebellum, the part of the brain that controls balance. Normally, the cerebellum, and parts of the brain stem, sit in an indented space at the lower rear of the skull, above the foramen magnum (a funnel-like opening to the spinal canal). When part of the cerebellum is located below the foramen magnum, it is called a Chiari malformation (CM).

The doctor at the urgent care facility handed Axelrod a piece of paper that detailed the three types of CMs. Type one is treatable, type two leads to paralysis, and type three is not compatible with life. The doctor told him he had a type-one CM, and Axelrod remembers him saying, "I wouldn't worry about it; I don't think you need surgery. You have type one and it will never become type two — and type two won't become type three, so don't freak out. Get an M.R.I. and see a neurologist."



The diagnosis instantly explained some lifelong difficulties. "I've always had problems with dizziness. Since I was little I remember not wanting to hang upside down on the monkey bars because it made me incredibly dizzy, and I thought everyone was as dizzy as I was. During my college auditions, on the dance portion, I had to say, 'I don't want you to have liability, because if I turn around myself three times I will fall to the ground. So I'm going to modify certain things, if that's okay.' Most schools said that was fine; other schools, not as fine."

The diagnosis also clarified a number of additional mysterious symptoms Axelrod had been experiencing for several years. "Toward the end of my freshman year of college, I'd get this kind of tingling in my neck and my shoulder, and when I would look down, I would get tingling in my fingers. My movement teacher at the time said it's probably a pinched nerve, gave me some exercises, and it went away. A few months later, I remember waking one morning and I couldn't feel my shoulder and half my arm. I saw a chiropractor, I saw specialists, I went to a massage therapist, all sorts of people, and there was no agreement as to what it was. There was no solution, and it was getting worse."

It was helpful to have the Chiari diagnosis, and mildly reassuring to Axelrod that he had a type-one — but there was more. The neurologist he consulted next said, "Looking at your M.R.I.s, there's nothing I can do for you. You need to see a neurosurgeon." Axelrod immediately set up an appointment for later that day. What the neurologist had told him did not sound like good news … and it wasn't. When the neurosurgeon looked at the scan, he said, "You have a worrisome amount of protrusion for a Chiari malformation. A worrisome protrusion is five millimeters. Yours protrudes 25 millimeters. You also have a spinal syrinx, which is when your brain fluid goes into your vertebrae. That's concerning as well." In other words, surgery was the only option. The operation was scheduled quickly thereafter, for May 11, 2015.

> Three months to the day after his operation, he gave a public performance at the Encore Theatre in Dexter. The hour-long cabaret show consisted of songs from a variety of musicals, interspersed with stories of his medical adventure.

"Throughout all this, my parents were always very strong. They let me freak out. They never freaked out — around me. They might have behind closed doors; who knows. I remember calling my mother and telling her the diagnosis, and she said, 'Well, I'm in a meeting. I will talk to you later. Everything's going to be fine.' My brother, too, was wonderful … he educated himself on [Chiari malformations], shared everything on social media — he was very supportive. My family was very strong and allowed me to have moments of weakness, but also inspired me."

At his final appointment the day before surgery, Axelrod mentioned his anxiety to his surgeon's nurse practitioner, who tried to reassure him. "You have a better chance of dying when you get into your car after this appointment than you will during your surgery."

"Much as I wanted to believe her," Axelrod reflected, "it was a hard pill to swallow." He was told his surgery would take four hours; it ended up taking nine. He was unconscious for more than twelve. But his recovery was fast. His operation was on a Monday; he was discharged on Thursday; and two weeks later, he was driving. Three months to the day after his operation, he gave a public performance at the Encore Theatre in Dexter, where he has previously appeared in the casts of several musicals. He had help in organizing the show from Tony Award winner Faith Prince and her business partner, Natasha Hause. "I attended the St. Louis Cabaret Conference in July 2015, and found a passion for the art of Cabaret. I also wanted to say thank you to everyone who helped make the scariest part of my life easier, and the cabaret was the most wonderful way I could think of to say thank you." Earlier on the day of performance he had a scan that showed that the operation had been successful. And, as he said that night, "I feel better than I ever have. I call it the new normal."

The hour-long cabaret show consisted of songs from a variety of musicals, interspersed with stories of his medical adventure. It featured guest appearances by a number of his friends and fellow actors. All the songs Axelrod picked to sing that night came from successful and often well-known musicals. At the same time, he chose many of them — such as "Something's Coming" from *West Side Story*; and "Everybody Says Don't" from Stephen Sondheim's *Anyone Can Whistle* — because their lyrics were especially meaningful to him after his experience. The nearly full house, which included his family, friends, and many musical theatre fans, was deeply appreciative.

"Now that that fear isn't there, I feel more grounded, more balanced. Even just holding a pose in ballet, or in yoga, I can hold it and not worry about falling. It's a gift."

By the beginning of September, he was back in school in St. Louis and had been cast as a lead in the first musical of the season, *Dogfight*. "I've been dancing, doing all activities I couldn't do last year and doing more than I ever was able to do before, because I was always dizzy … I was always scared … scared to go in an airplane, scared to be in a car too long. Now that that fear isn't there, I feel more grounded, more balanced. Even just holding a pose in ballet, or in yoga, I can hold it and not worry about falling. It's a gift."

"Really, what it's helped me do is live in the moment, instead of living five years from now, ten years from now. I'm still on track with my huge goals but they're not at the forefront of my mind anymore."

But the last two years have changed the young actor in many other ways as well. "It was scary. It shook me. It really opened my eyes that you can map out your life, you can plan out your thing and everything might be going according to plan, as it should, and all of a sudden you collapse and find out you need brain surgery."

He continued:

> It changed my view on how I go about living my life. I still have goals, but they're much smaller; now they're ones that lead up to my bigger goals. Before, my goal would be, 'I want to get my B.F.A., I'm going to move to New York.' Now my goal is something as small as, 'I'm going to get out of bed. I'm going to go brush my teeth. I'm going to eat a salad for lunch today even though I want a hamburger. I'm going to call my grandmother.' I feel like it opened my eyes to how much I missed. It was hard for me to really ever stop and take stock of where I was, because I was always looking ahead and doing and going and going and going. Now it's much easier for me to say, 'Okay, where am I at? What am I feeling right now? What do I want to accomplish in the next five minutes?' Then I do that. Really, what it's helped me do is live in the moment, instead of living five years from now, ten years from now. I'm still on track with my huge goals but they're not at the forefront of my mind anymore.

###

Since the time of his interview with Sandor Slomovits, Ari's health has been "fantastic," he said, "100 percent." This past winter, he traveled to Israel on Birthright (a not-for-profit educational organization that sponsors free ten-day heritage trips to Israel for Jewish young adults). His post-college plans include making a return trip to Israel and then moving to New York to start his career. Ari can be reached at aa.axelrod@gmail.com. For more information on Chiari malformations, visit www.ninds.nih.gov/disorders/chiari/detail_chiari.htm.

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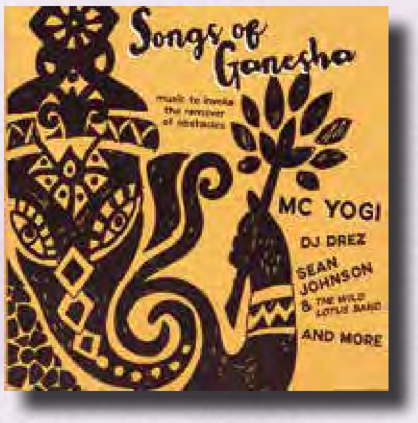
MUSIC REVIEWS

By Sarah Newland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music to invoke the remover of obstacles
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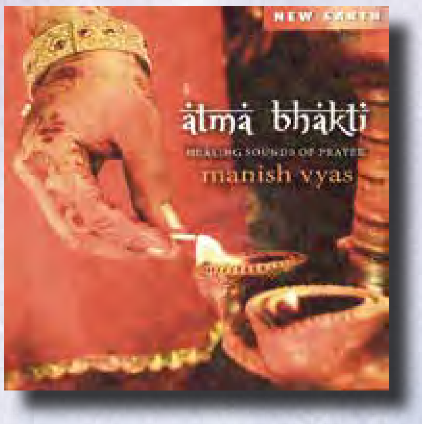

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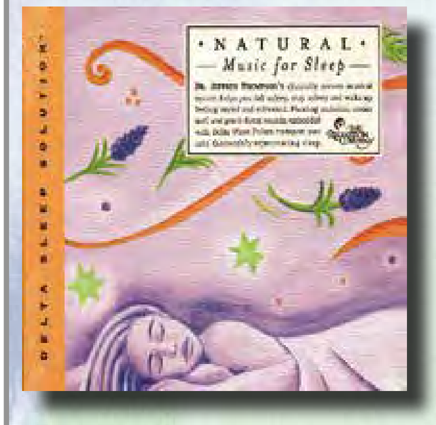

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Katie Hoener Answers Your Yoga Questions...

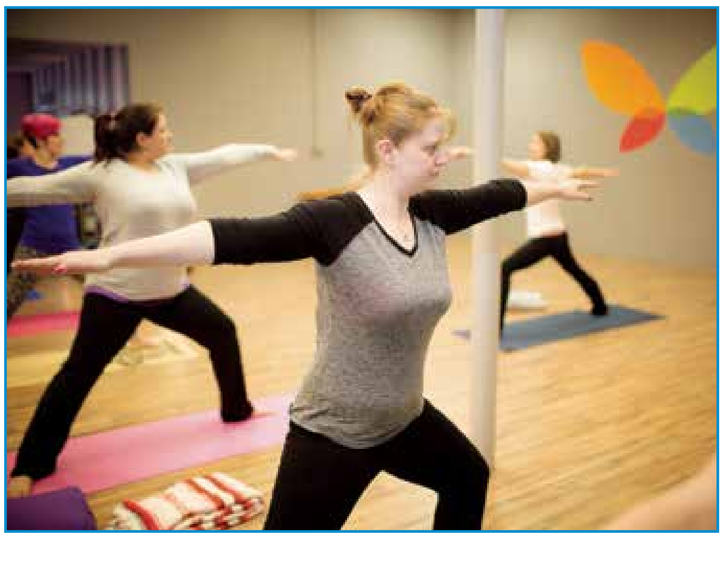
Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor Katie Hoener.

Dear Katie —
Now that the weather is warming up, I have been increasing my outdoor running. I understand that after a winter spent mostly on a treadmill, transitioning back to asphalt can be challenging to the body, and I am feeling it in my knees and my feet. Are there any particular postures that can assist me in my move outdoors?
Barb C., Ann Arbor

Yes! The move from treadmill or indoor track back to the asphalt is a challenging one for all of us runners. As referenced in an article by Baron Baptiste and Kathleen Finn Mendola on the *Yoga Journal* website: "During the course of an average mile run, your foot will strike the ground 1,000 times. The force of the impact on each foot is about three to four times your weight." This impact is challenging to the body but is something the body becomes used to over time. As seasoned runners and guides will tell you, increasing running should usually be done according to the "10 percent rule": increasing your training by 10 percent in distance each week, and providing your body the chance to recover. [http://www.yogajournal.com/article/cross-training/yoga-runners/]

Yoga can aid in recovery and provide strength and suppleness for the muscles. There are many postures and practices that assist with a running body, and staying supple is important to recovery. One beautiful standing posture that is great for both strengthening and opening the knees and the feet is Virabhadrasana II, or Warrior II (pictured). To come into Warrior II, start by standing at the front of your mat, or a non-slip surface; line up the arch of your back foot with the front heel and step back at a comfortable distance. The front knee should be stacked over the front foot, or slightly behind (not falling in or pushing out). Press into the outside of the back of the back foot, lifting through the arch of that foot, both strengthening and releasing that arch. The muscles in the back leg also gently spiral upward, opening through the back leg and keeping the muscles that support the back knee open and strong. Keep the breath long and allow the body to open. Happy trails!

One beautiful standing posture helpful for runners is Virabhadrasana II (Warrior II). It is great for both strengthening and opening the knees and the feet.



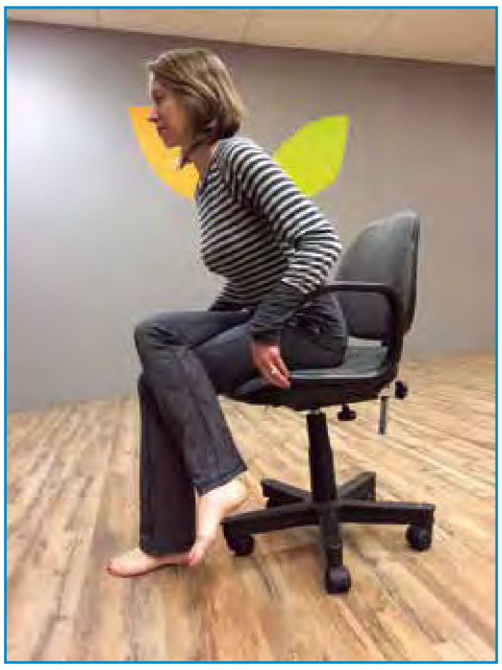
Dear Katie —
I have been interested in coming back to yoga for years. My friends go, and they rave about the practice and all that it does for them, and I admit I haven't tried in years. Every time I have tried yoga, my mind is always racing, and I do not feel calm. Am I doing something wrong? I feel like I am missing out!
Lindsay H., Ann Arbor

Lindsay, this is a very common experience! There are many people who find this exact mental aspect of yoga far more challenging than moving through the physical portion of the practice. As outlined in Patanjali's Yoga Sutras, the design, or origin, of the practice of yoga is not in fact to push the heels into the earth in Downward-Facing Dog, but rather to quiet the fluctuations of the mind. The Sanskrit reads "Yogas citta vritti nirodhah." The *Yoga Sutras* mention asana practice in only a few spots, as a way to enhance our ability to quiet the motions of the mind, that ceaseless chatter. What we term "yoga," is merely a means to prepare the body for meditation, a space to allow the mind to soften, without the distractions of the mind.

One way we do this in a yoga class is through that connection with the breath. As Sharon Salzberg outlines in *Real Happiness: The Power of Meditation*, the ability to notice those moments when the mind has wandered and to gently guide it back to the breath and to the practice, is transformational. You will have some practices where this comes with ease, and others where you notice every breath is used to bring the mind back.

This is okay! This is all part of the journey, the experience of yoga. You may find that your journey back to the mat needs to be in a faster paced class, where the mind has less chance to wander, or through a mindfulness meditation session, aimed purely at the workings of the mind. I often say to those struggling with the idea of returning, or coming to yoga for the first time, you will arrive on the mat at the precise time you are meant to be there, and will be welcomed!

Dear Katie —
Lately I have been sitting in meetings all day at work. My back is starting to complain of staying in one place all day, and unfortunately, I cannot get up and do child's pose on the floor to release my low back, which would be ideal! Are there any suggestions for things I can do in a chair, even in those few minutes of space between topics?
Mike F., Dexter



One last release for the low back is a seated Gomukhasana, or Cow Face Pose. Feel the release through the low back, hips, glutes — wherever your body needs it at that moment.

Being trapped in an office chair is so bad for your low back. Even the most ergonomic chairs place the body in a tough spot, and are not meant for that type of meeting environment. Seated Cat/Cows, with an extension and flexing of the spine can be a nice way to both engage and lengthen the muscles of the entire back body. On an inhale, keeping the spine long, lift through the front side of the heart, tipping up the chin only if that feels good for your neck. Exhale; engage the muscles of the core to allow the heart to lower, moving towards your lap, head coming down as much as works for the back of the neck (and is not too distracting). If you have the space, let the shoulder blades come together on the back on the inhale. Melting off the back on the exhale can be a nice addition, even allowing the elbows to move away from the body.

One last release for the low back is a seated Gomukhasana, or Cow Face Pose (pictured). In your chair, if space permits, cross one knee over the other, and on an inhale, take a deep breath lengthening the spine. On an exhale, hinge at the hips, keeping the spine long, moving forward until you feel the release through the low back, hips, glutes — wherever your body needs the release at that particular moment. Breathe deeply as long as you need and are able. Switch sides. As you are able to in your day, add some movement to keep circulation up throughout the body.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings at Sun Moon Yoga in Ann Arbor. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com.

Photos by Open Box Photography

Yoga: A Practice to Enhance Relationship

By Patty Hart • Photos by Doug Russell

When people say, “I’m in relationship,” they usually are referring to a relationship with another person — perhaps a friend, an intimate other, or even a business partner. Most people would agree quality relationships of all kinds matter and have real value.

So, have you considered how you relate to yourself? As a yoga teacher, this has become a curious question I often ask myself.

> *“Two useful gifts I bring are intention and attention. My intention is to be as present as possible to whatever arises in my own body.”*

One of the reasons I practice and teach yoga is to explore my relationship to myself in any given moment. You might call it an ongoing personal inquiry. I offer this same inquiry to my students while I’m teaching.

Sometimes it is an invitation to observe or feel your toes lift and your quadriceps engage. At other times it is, “What would happen if you allowed your upper arm bone to set into your shoulder socket?” Luckily, yoga comes equipped with a potentially integrated toolkit of awareness, contemplation and movement that invites me to feel the nuances of inhabiting my physical body. I say “potentially integrated” as I sometimes rely on a few specific tools while ignoring others.

For example, if I turn all of my attention to alignment in warrior pose, I may miss the opportunity to relish the joy of breathing the feeling of it into my muscles, skeleton and cells. In so doing I am figuring it out from my mind. The pose might look ‘perfect’ visually yet my head is doing the pose – not my body.

> *“There is something to be said for not carrying the weight of perfection while staying committed, which is very freeing.”*

There are missing threads of connection in my being which leave me wondering, where am I in that moment? My physical form may look like a warrior yet I’m not integrated inside. I’m just posing.

Giving to My Practice — Elements of Relationship

My yoga practice provides me continual benefits as it does for millions of practitioners. But what is it that I *bring* to my yoga practice?

Two useful gifts I bring are *intention* and *attention*. My intention is to be as present as possible to whatever arises in my own body. I attend to those arisings as an interested observer of my feelings and thoughts. In that way I invite relationship to the whole of me through carefully considering the parts.

For instance, one of my bodily tendencies is for my knees to hyperextend or move beyond a normal range of motion. For years I was either unconscious about it or resisted awareness of it.

As my yoga practice has matured I have been able to watch that tendency arise and feel when my knees go towards that default. Eventually with compassionate attention I learned to adjust my position and soften my knees, and do so without my mind’s opinion/judgment taking me down the road of ridicule.

> *“You might say the Niyamas are akin to a yoga self-love package. I find that each of these guidelines tend to weave into and support the others on and off the yoga mat.”*

For a long time I would turn down that ridicule road and want to condemn my (yoga) form for not moving properly, for not remembering, for getting it 'wrong' - meanwhile comparing myself to other students who seemed to have it 'together.'

That condemnation was my ego erratically plowing down a very narrow bumpy path, and taking me further away from true connection to myself.

It was the antithesis of what I wanted from my yoga practice. In feeling that dissonance, I began to recognize the qualities I needed to give to my practice.

> *"Working with these tools has required a kind of rawness or vulnerability within me."*

The Niyamas

What has helped me give to my practice in large part is the toolkit contained in the second of the eight limbs of the system of yoga — the Niyamas. These are five practices of observance or guidelines for living. I feel these guidelines point a yogi in the direction of equanimity.

Some Niyamas, like Tapas, are evident in one's physical asana practice, when building heat in a pose or a series of postures. Other observances such as Svadhyaya stimulate the higher mind.

1. Saucha – Purification or Cleansing
2. Santosha – Contentment or Happiness
3. Tapas – Internal 'heat' or Discipline
4. Svadhyaya – Self-Study
5. Ishvara Pranidhana – Self-Surrender

> *"For a long time I would turn down that ridicule road and want to condemn my (yoga) form for not moving properly, for not remembering, for getting it 'wrong' — meanwhile comparing myself to other students who seemed to have it 'together.'"*

Learning to embrace these guidelines within my body, emotions, thoughts and spirit has helped my yoga practice to become my life engagement practice.

And because it is a 'practice' and a life-long one at that, it will probably not be 'perfect'! There is something to be said for not carrying the weight of perfection while staying committed, which is very freeing.

Niyamas as Self-Love

You might say the Niyamas are akin to a yoga self-love package. I find that each of these guidelines tend to weave into and support the others on and off the yoga mat. Working with these tools has required a kind of rawness or vulnerability within me. This allows me the strength and compassion to look at and question aspects of myself that are challenging, and at times seemingly intractable.

Niyamas in Action!

Several years ago my health took a downturn that negatively impacted my immune system. As an initial step towards the contentment of Santosha, I had to first accept my situation. As I shifted my attitude away from "why did this happen" I was able to allow for another perspective to emerge: "OK, my body mind is out of balance. What do I choose to do about this?"

> *"It does not surprise me that many of these moments of happiness, for no apparent reason, usually occur when I teach yoga."*

This acceptance triggered an exploration of my diet and a study of other ways to better support my immune system. This self-study (Svadhyaya initially on a physical level), eventually led me to consult a holistic nutritionist, making significant changes in how I fed my physical body.

With the focused energy of Tapas, I disciplined myself to lovingly prepare my daily meals and eat consciously on a consistent basis. This is a practice I happily continue to this day.

As my body cleansed and rebuilt itself, the result of Saucha, or purification, my immune system function began improving. Without effort, my body shed 25 pounds over nine months. Gradually, the extreme fluctuations in my system, which also had triggered recurring, painful viral outbreaks lessened and then ceased.

Happiness, Creativity and Self-Love

As a result of attending to these self-love yogic guidelines, I felt happier. That happiness showed up in spontaneous moments within my days. As I trusted that I was becoming healthier, I could pause and feel the subtlety of delicate connections within my being that were not obvious previously. A wondrous sense of expansion and surrender to a universal consciousness (Ishvara Pranidhana) became more apparent.

It does not surprise me that many of these moments of happiness, for no apparent reason, usually occur when I teach yoga. As I embraced the Niyamas, I loved myself more and created deeper relationship with myself. The happiness I was feeling allowed me to give back to my students with greater attention to their needs, encouraging their curiosity and exploration. That for me is yoga in relational flow!

Although it is not spoken about directly in the guidelines of the Niyamas, I suspect there's a wondrous cause and effect relationship between creativity and happiness. As I feel it, staying creative with my yoga teaching invites these deeper levels of happiness. That happiness nurtures my creative expression through the art of yoga. It is a joyous feedback loop!

So when I engage the Niyamas I am giving back to my yoga practice and committing to reinforce my inner relationships. By establishing an authentic relationship with myself first, I can move into the world from a state of my own fuller presence.

Moving with and as that fuller presence, provides a mirror for others to feel themselves more deeply - with greater awareness. This commitment helps me stay available to the beauty, joy and creativity of existence.

Patty Hart, E-RYT owns Every Body Happy Yoga. She also offers group classes at the Naturopathic School of Healing Arts, and offers 'Trauma Awareness Yoga for Women' private sessions at the Arbor Wellness Center by appointment. You can reach Patty at: patty@everybodyhappy.net or 734-645-7251.

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It is not safe for women to go to Status Quo Health Care alone.

Status Quo Health Care, or SQHC (my term for the “doctors at the top and patients at the bottom” current mainstream health care system), is set up to work against people in the patient role, especially women, girls, trans and gender nonconforming people. (In this article, whenever I use the term “women,” I am referring to “women, girls, trans and gender nonconforming people.”)

SQHC is sexist. SQHC, from the beginning and by design, continually reinforces the disempowerment of women by lowering women’s expectations, interrupting them as they describe symptoms and not believing them if they actually get a chance to explain their health issues. SQHC discourages its providers from practicing the best medicine by enforcing short, pressured appointments and by tolerating women through a thinly disguised veil of disrespect.

Women can choose to put our own safety first. Most medical abuse happens at SQHC when women are isolated or outnumbered during visits, especially during physical exams. Always having a woman advocate with us is a radical act of self care.

Women can get the best out of their health care provider by having another set of eyes and ears with them before, during and after medical appointments.

Women can get the best out of their health care provider by having another set of eyes and ears with them before, during and after medical appointments. Many women do not feel safe anywhere, and rightly so. We can build more safety into our lives by bringing at least one other person with us to all health care appointments. This single act repeated daily by women around the world will put SQHC on notice: disrespect and abuse will not be tolerated. There will always be a witness and our voices will not be silenced.

At first, bringing a woman advocate to medical appointments may not seem necessary or natural. Asking for support may increase feelings of vulnerability or powerlessness. The need for a woman advocate may seem to say that she cannot be heard on her own. A woman may not ask for what she needs or wants because of specific fears: looking bad, being exposed as weak, letting others know more than feels safe, lacking privacy, burdening others with obligations, feeling like it will not matter anyway and on and on. Often, it is more difficult to ask for support and easier to offer it.

Woman advocacy is an activity that everyone can choose to offer to friends, family and others. It can be empowering to be on the receiving and giving ends of woman advocacy. Woman advocacy is a central component of health care empowerment.

Woman advocacy is an activity that everyone can choose to offer to friends, family and others. It can be empowering to be on the receiving and giving ends of woman advocacy. Woman advocacy is a central component of health care empowerment. I propose that every woman always takes a woman advocate with her to SQHC appointments, but especially when seeing a new health care practitioner, for second opinions, when the diagnosis is questionable, when procedures or surgery are contemplated and in potentially life-threatening situations.

A woman advocate differs from a health care advocate in at least three important ways. A woman advocate is aware of the: 1) woman seeking health care’s particular herstory, 2) power dynamics in all health care settings, and 3) sexism and other oppressions women are up against seeking health care. A professional health care advocate may not take into consideration these factors when providing advocacy. Often health care advocates are employed by agencies that have a vested interest in a health care system, a governmental body or a health insurance company. Therefore, they cannot truly be on the side of the woman seeking health care.

A woman advocate must demonstrate the ability to be accountable to the woman seeking health care as well as to herself. She must speak her own truth about boundaries and address their relationship in and outside of health care settings. This entails having both parties express concerns before, during and after health care visits. Before visits, it is advantageous to put in writing the extent of the woman advocate’s participation. Whomever the woman seeking health care chooses to have accompany her will benefit from discussing the topics organized in the Woman Advocacy Checklist.

Woman Advocacy Checklist (Abbreviated)

Before Becoming a Woman Advocate, I may want to ask myself:
- ☐ Do I feel free to say “yes” or “no” based on my abilities and interests?
- ☐ Do I feel confident that I can be assertive for her if required?
- ☐ Do I think I can keep my emotions in check so as not to interfere or draw attention to myself, but keep the woman seeking health care at the center?

Specific questions the woman requesting me as an advocate should answer:
- ☐ When is your appointment, and how long do you anticipate it being?
- ☐ What do you want my main role to be? (silent listener, note-taker, vocal supporter, someone to discuss what happened afterwards, etc.)
- ☐ Am I responsible for my own transportation?

General/ongoing considerations:
- ☐ What can I do to help create as safe an environment as possible, free from disrespect, pressure or coercive tactics?
- ☐ How would you like to clarify and discuss boundaries between us? (I’d like you to ask me for exactly what you need and want).
- ☐ If I suspect you are upset, how should I inquire about your feelings and provide support?

Before an appointment:
- ☐ What fears or concerns do you anticipate having during the appointment?
- ☐ What do you hope to get out of the appointment?
- ☐ Do you want me to take notes and/or audio-, video-tape the appointment?
- ☐ What don’t you want me to do?
- ☐ What fears or concerns do you have about me, or anyone, as your advocate?
- ☐ Should we create a code to use when a time-out may be needed by either one of us?

Things to consider bringing:
- ☐ a notebook/pen for note-taking,
- ☐ a tablet, phone or computer to take electronic notes,
- ☐ food/drink for the woman I am supporting and/or myself

During an appointment:
- ☐ Would you like me to maintain a physical connection with you such as holding your hand or touching your shoulder?
- ☐ Would you like me to jump in with questions I may think of during the appointment?
- ☐ Would you like me to be prepared to step out to get you anything, or to step out for any or no reason?

After an appointment:
- ☐ Do you want to process anything emotionally?
- ☐ Is there anything else I can do to support you?
- ☐ Did you feel respected by the health care provider during the appointment?

One of the most important services a woman advocate can provide is active, empathetic listening. Active listening includes the listener asking clarifying questions and summarizing what she has heard to increase accuracy. Empathetic listening includes hearing the emotions behind the words. Depending on how a woman seeking medical care feels, she may not remember accurately what was said or may hear only a portion. It is a woman advocate’s job to be the person who catches the information and is able to pass it back to her. Woman advocates should not attempt to make a woman's decisions for her, set the tone or mood of the appointment, tell their own stories or assume power. Advocates must be non-judgmental and focus on the client’s needs.

One of the most important services a woman advocate can provide is active, empathetic listening.

To aid the process of advocacy while navigating health challenges, I offer a set of four free WomanSafeHealth Empowerment Pocket Guides: Medical, Psychological Services, Gynecological Services and Rituals for Serious Health Conditions.* Each guide is designed to assist women and their woman advocates to have a starting place: for questions to ask, communication reminders and self care strategies. All of the empowerment pocket guides reinforce women’s rights and choices.

I challenge each of us to bring a woman advocate to our next health care visit and to offer woman advocacy. It is not safe for women to go to Status Quo Health Care alone.

*The four free WomanSafeHealth Empowerment Pocket Guides can be found on our website: http://www.womansafehealth.com/wsh_guides/medical.pdf
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Elizabeth Shadigian, MD, FACOG is a board-certified obstetrician-gynecologist specializing in the health, safety and well-being of women. She received her medical degree from Johns Hopkins University and studied, taught and practiced at major health care institutions for 20 years. She left academia as a Clinical Associate Professor to create WomanSafeHealth, a medical practice and new model of health care based on women’s empowerment.

Dr. Shadigian’s first book, WomanSafeHealth: The Antidote to Status Quo Health Care *is being published in June, 2016 and will be available at Crazy Wisdom Bookstore. Crazy Wisdom is also hosting a book talk and book publication party in the Tea Room on July 28th at 7pm. All are welcome.*

WomanSafeHealth offers professional woman advocates with varying backgrounds to women, girls, trans and gender nonconforming clients, as well as woman advocacy training. For more information contact WomanSafeHealth at 734-477-5100 or info@womansafehealth.com.

Acupuncturist Pokes Holes in My Fears

(Our Intrepid Reporter Braves Needles in her Face and Reaps Unexpected Benefits from her Visit to Dr. Julie TwoMoon)

By Diane Majeske

I'm lying on a padded table in a quiet, restful room, but I can't quite relax. I look up at the woman standing over me.

"The needles... are you going to, you know, put them in my *face*?"

The woman is Dr. Julie TwoMoon, a naturopathic doctor and acupuncturist based in Plymouth. She gives a confident nod. "You'll hardly feel it," she says.

Almost before I know it, a long, slender needle is inserted along the side of my nose, then near my hairline, in my cheek, in front of my ear, on the top of my head, near the inner crook of my arm, and in about a dozen other areas of my body.

> "The needles... are you going to, you know, put them in my face?"

The needles are light and thin — they don't hurt when they're inserted. In fact, after Dr. Julie has checked me over and covered me with a light sheet, I start feeling a little tingly and even slightly sleepy.

I slide my eyes to the right, and with my peripheral vision, I can just see the tip of a needle sticking out of my cheek. I start to stretch for my phone.

This would make an awesome *selfie*, I think to myself. But as I move, I can feel the needle shift, just a hair. Hmm. Maybe not.

NEEDLES? SURE — WHATEVER WORKS

Why acupuncture? Because nothing else was working.

My issue started as a muscle spasm, a tiny one, just under my right eye. I can tell you the moment it began; I remember it well. I was in a small, airless conference room, being berated by a supervisor for a perceived lack of productivity.

To say I was shocked would be an understatement. I had worked hard — very hard — at that job. I came in early, stayed late, moved heaven and Earth to attend early meetings, meet stringent deadlines, and balance the needs of two kids with a demanding boss. But now, this. I was absolutely dumbstruck at the accusation I wasn't working enough hours.

"I would never, ever shortchange this company," I told my supervisor.

"I'm glad to hear you say that," he replied.

> I slide my eyes to the right, and with my peripheral vision, I can just see the tip of a needle sticking out of my cheek. I start to stretch for my phone. *This would make an awesome selfie*, I think to myself.

Hmm. That's almost the same as *I trust you*, I thought to myself.

At that very moment, my right eye twitched. Moments later, as we left the conference room, a colleague stopped me and grasped my arm.

He smiled at me. "You look like you've seen a ghost," he said, and laughed.

My right eye twitched again. And oddly, so did a muscle in my lower right cheek. Hard. I put my hand to my face. The spasms stopped.

Later that night, lying in bed, I thought about the confrontation and the events of the day. My right eye twitched. Again and again and again and again. So did the muscle in my cheek. It was as though I'd lost control of that side of my face. Startled, I sat up. Only when I put a hand onto my skin did it stop.

> My issue started as a muscle spasm, a tiny one, just under my right eye. I can tell you the moment it began; I remember it well. I was in a small, airless conference room, being berated by a supervisor for a perceived lack of productivity.

That was in 2011. The muscle contractions continue. The supervisor is gone; I have a new job — but the spasms remain. Some days they're not so bad; some days they're awful — but they're always there. I take two kinds of medicine to control them — one for anxiety, the other an anti-spasmodic. I've had CAT scans and MRIs. I see a general practitioner and a neurologist. They've ruled out Bell's palsy, tumors, or any other organic growths.

Doctors call my condition a "hemi-facial spasm," a relatively rare, neuromuscular disorder characterized by irregular, involuntary muscle contractions — or spasms — on one side of the face. The cause is debated, but generally unknown, and anxiety simply exacerbates the condition.

In my particular case, the condition likely has been building after years of stress — the death of my sister, loss of a print journalism career and, not to mention, years and years ago, being struck on the right side of the face with a golf ball. Bonus.

That stress bill might just be coming due.

Whatever the cause, it's beyond annoying. For an extrovert who is borderline vain, someone who loves to talk and laugh and who interviews people for a living, it's nearly debilitating. At its worst, it pulls my eye shut and the corner of my mouth upward. The spasm will jerk, jerk, jerk my face uncontrollably. I'll break a sweat.

I used to love getting my photo taken. Now, ironically, in the age of the selfie, I tend to avoid cameras at all costs. (Acupuncture selfies notwithstanding, of course.)

So the day my neurologist turned to me and asked, "Have you ever tried acupuncture?" I jumped at the opportunity.

Dr. Julie TwoMoon

"No," I said. "But I will. Does it work?"

He shrugged noncommittally. "I'm not sure I really believe in it… you know… finding your chi, clearing the meridians and all that… it's not my thing. But I have patients who swear by it."

He ripped a script from his prescription pad and handed it to me. "If you know someone, you might want to try it." He turned before he left the room.

"But your insurance probably won't cover it, so you'll want to check the price."

I called after him: "Whatever it costs, it's worth it."

He didn't turn around; he just waved.

> After all, I had tried Reiki, crystals, tapping, anti-spasmodic medication, yoga, meditation… I was resigned — almost — to my twitchy fate.

MEETING DR. JULIE

I learned about Dr. Julie TwoMoon of Seven Directions Medicine by happenstance, standing in line for a conference at my son's school, making conversation with the woman ahead of me. She had received treatment there from "Dr. Julie," and said extremely positive things about her.

So I checked out the website (sevendirectionsmedicine.com) and liked what I read. I wasn't particularly fearful of acupuncture, but I wasn't overly hopeful, either. After all, I had tried Reiki, crystals, tapping, anti-spasmodic medication, yoga, meditation… I was resigned — almost — to my twitchy fate.

Next stop could be Botox, and I was far more fearful of that, to be honest.

At Seven Directions, I liked Dr. Julie immediately. Something about her was inherently calming. She told me a little bit about herself, that she was educated at the National College of Natural Medicine in Portland, Oregon, where she received her Doctor of Naturopathic Medicine degree and Master of Science in Oriental Medicine.

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She told me a little bit about her philosophy of medicine — that it shouldn't be complicated, and it shouldn't inspire fear.

"It should reflect the amazing possibility of our bodies and our fantastic ability to heal," she said. "It should also honor our intuition. In fact, it should result in a stronger sense of connection and unity throughout our lives."

She asked me a wide variety of questions, took my pulse, and looked at my tongue.

As I inquired further, she told me a little bit about acupuncture, how it's built on tenets that were established literally thousands of years ago. She told me there are 12 primary meridians on the body, that they're like stream beds, and along those stream beds, there are 365 specific points of interaction that can stimulate effects from your body's various systems. And by taking my pulse, she can determine how the chi, the breath of life, is moving through my body, and studying my tongue and asking about my life provides more information about me, as well.

There is absolutely nothing random about the needle placement in acupuncture, she told me.

"The premise is that our body is a constantly flowing energetic being with particular electrical currents that keep our cells informed," she said. "When that information gets interrupted is when you get symptoms — symptoms of diseases, symptoms of issues. Acupuncture is a way to re-establish that connection."

MY RESULTS

I've gone for four acupuncture treatments so far. I plan to go for more. I still have facial spasms, but I notice that after my visits, they lessen considerably. I still take my other medications as well.

Dr. Julie said that my exam showed I have issues with my diet — no surprise to me — and that my chi was somewhat low and "slippery." I'm working on it.

My spasms are a little trickier to explain, but basically, in an oversimplified explanation, they're caused by an overabundance of trapped yang energy.

I'm not exactly sure why the spasms lessen after the sessions. I am definitely more relaxed, and I know that helps. And I do know that following Dr. Julie's other advice — to practice more self-care and to slow down — also makes me feel better.

And I've received another, unexpected gift from my treatments, one that's almost better than having my spasms eliminated: after a treatment, I feel great. I feel energized and creative. I feel more like *myself.*

Having a condition that no one really understands or can empathize with is draining. And to have one that is this visible is embarrassing.

To go from doctor to specialist, from pill to pill, and to look in the mirror and see that absolutely *nothing* is working is depressing. I tried to tell myself that it's okay, that it doesn't matter, but deep down, to me, it does. It just does.

Over the years, I've felt myself become less outgoing, more introverted. So to finally find someone who was so confident she could help was a relief from the start. Her knowledge, her diagnosis, and her calmness gave me peace of mind. I felt like there was light at the end of the tunnel.

> In short, I feel like the old me is making a return appearance. And I've always liked that girl.

Maybe those needles pushed aside whatever negative energy had been blocking my creativity ever since this twitch showed up. I can't say with absolute certainty. But I can tell you that after my first treatment, I started two writing projects. I dug another out of long-term hibernation. I felt like a writer again.

In short, I feel like the old me is making a return appearance. And I've always liked that girl.

If acupuncture can convince her to stay, then it's definitely a treatment for me.

Julie TwoMoon was born and grew up in Dearborn Heights. She has been in practice since 2003 and is the owner of Seven Directions Center for Restorative Medicine located in Plymouth. Her website is www.sevendirectionsmedicine.com and her email address is drtwomoon@sevendirectionsmedicine.com.

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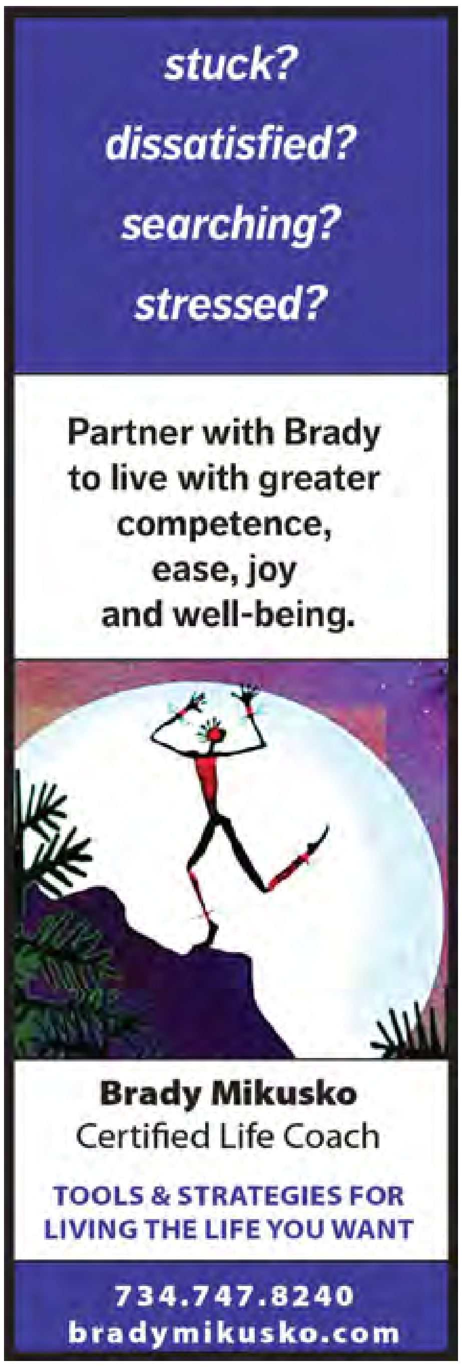
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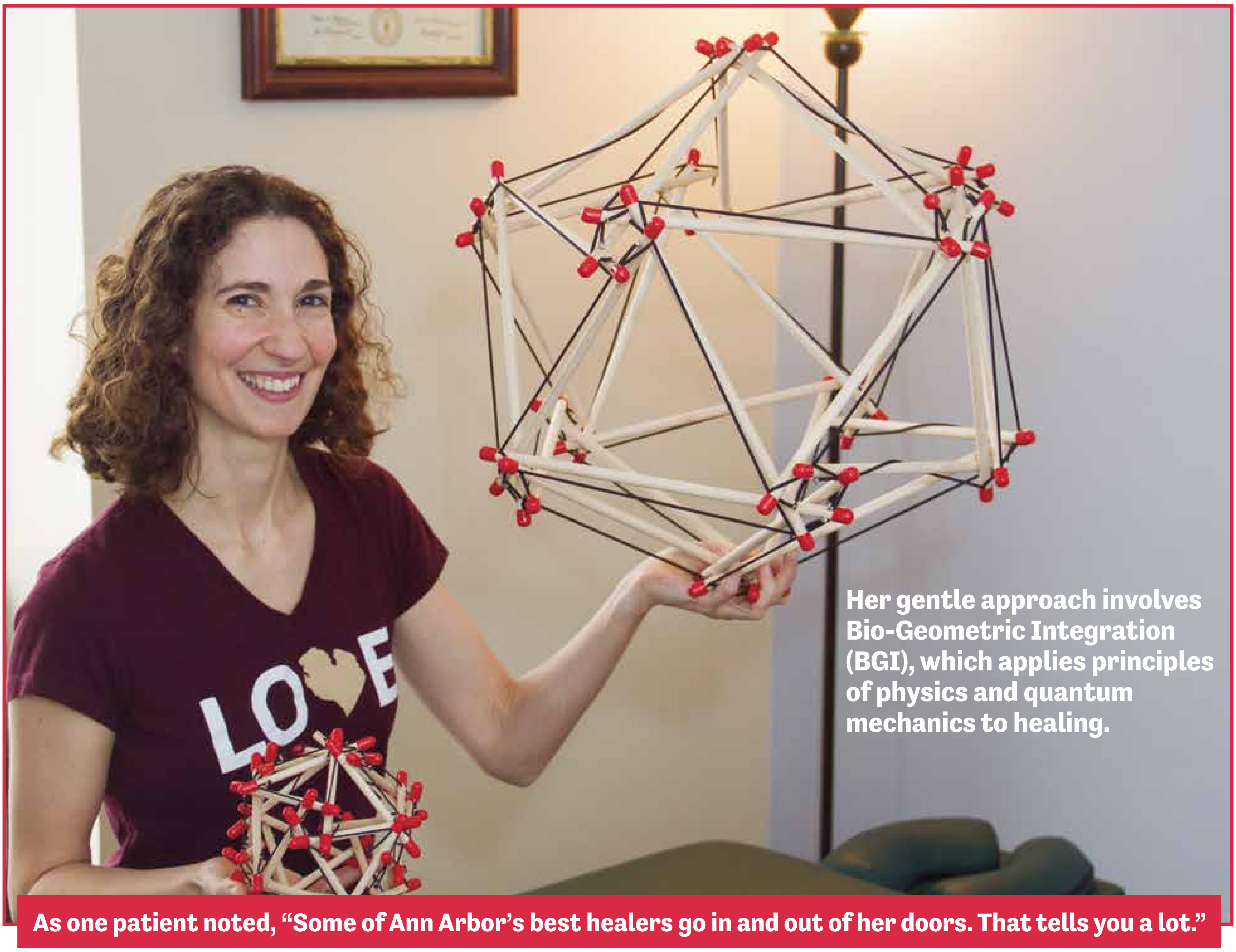
The Human Body— A Symphony in Sharps and Flats

Getting to Know Dr. Diane Babalas, Chiropractor and Healer



Her gentle approach involves Bio-Geometric Integration (BGI), which applies principles of physics and quantum mechanics to healing.

As one patient noted, "Some of Ann Arbor's best healers go in and out of her doors. That tells you a lot."

By Rachel Urist
Photography by Joni Strickfaden

Overheard:
—I don't want to go to the reception. I hate these things.
—Leave early.
—But I don't know these people!
—Just go up to the first interesting person you see and ask, "How's your back?"

The above exchange works — as both a joke and practical advice to the socially anxious — because just about everyone has back trouble of some kind, at some point or another.

Treatments for back ailments abound. Choosing a modality depends on the predicament and the person. Yoga has long been a choice remedy and preventive for back problems, and it contributes to general well-being. Other activities also help to keep mind and body aligned. Swimming, biking, hiking, writing, praying, meditating and cooking are just a few. Finding harmony — a coalition of mind, body, and spirit — takes mindfulness.

Dr. Diane Babalas provides another remedy for back problems and other physical ailments. A licensed chiropractor with additional training in "BGI," or Bio-Geometric Integration, she has developed a following among Ann Arbor's holistic cognoscenti. Forty-one and the mother of two, she is slight and spritely, with dark, wavy hair that fans out from her face. "People look at me and think I couldn't possibly manipulate anything — I look like a kid!" she said, laughing. But Babalas has been building a successful chiropractic practice in Ann Arbor for the past sixteen years. Her gentle approach involves BGI, which applies principles of physics and quantum mechanics to healing, and has drawn many respected healers around Ann Arbor to her. As one client noted, "Some of Ann Arbor's best healers go in and out of her doors. That tells you a lot."

This same, well-traveled client has found inspired practitioners in far-flung places, but she is pleased that there are, today, many fine alternative healers here in Ann Arbor. In asking her to describe Babalas, she gets to the heart of her skill as a healer with heightened perception: "By lightly touching you, she can perceive soft tissue, muscle, bone, organ, cells, and the energy active in all those layers. Diane's perceptiveness is on a par with the best I've worked with. I can feel accuracy in what she's doing." Babalas' "adjustments," as they are called, come from within the client, not from her manipulations. She speaks of hearing harmony in the body. While her mentor, Sue Brown, also used musical metaphors, Babalas came to chiropractic as a trained musician.

Babalas' "adjustments," as they are called, come from within the client, not from her manipulations.

On the day we met, she wore rust-color skinny jeans and a zippered, chartreuse fleece top. She has a ready smile and laughs easily. Her vernacular is laced with "like," and her intonation includes a touch of up-speak. But she is savvy and sharp, committed, conscientious, acutely sensitive to her clients, and utterly convinced of the efficacy of her chiropractic technique. She graduated with high honors from the Palmer College of Chiropractic in Davenport, Iowa. (David D. Palmer was the founder of chiropractic in the late 1800s.) Babalas and her husband, the reflexologist Greg Knollmeyer, share a suite of offices. (He also teaches t'ai chi at his Ypsilanti studio in the Spiral Chi Center. Each has practiced in Ann Arbor for sixteen years.) They support each other in many ways. Child-care is shared. He often picks them up at school. In a pinch, if neither is free, the office help might pick them up. He also provides tech support for her practice and recently created a new database for them both. "It's attracting attention from my peers," she said, smiling. Their approaches are synergistic. They have shared clients, but they work separately.

She speaks of hearing harmony in the body. While her mentor, Sue Brown, also used musical metaphors, Babalas came to chiropractic as a trained musician.

Gateway Chiropractic, Babalas' enterprise, is just off Jackson and Stadium, on Ann Arbor's westside. The anteroom is a spacious area that doubles as waiting room and seminar room for the free hour-long classes that Babalas conducts monthly. A door on the anteroom's north wall leads to her large studio, equipped with eight cushioned "adjustment tables" (like massage tables). An adjoining studio, to the east, has a single, full-size adjustment table and a smaller wooden one, child-size, with a horse's head and shaggy yarn tail. Both studios are painted in muted blues and greens. Mission lamps enhance the serenity.

On the west wall of the anteroom is a door to the reflexology studio, where Babalas' husband conducts his practice. His brochures speak of "reflexolo-chi," drawing attention to the word's final syllable, the Chinese word for energy. It figures large in both reflexology and BGI.

Gateway Chiropractic exudes a sense of calm. This is attributable, in part, to the muted wall colors, chosen to promote equanimity. The anteroom, in pale salmon and ivory, has a small library and child's play area, complete with toys. To the right of the entrance is a wall panel of pegs for outerwear. Below are mats for shoes, which clients remove upon entering. Chairs of different varieties dot the circumference of the room.

"When I go to her office, she almost always knows what's wrong without me telling her. It's uncanny. She has the ability not just to identify issues, but to work with my body to get things back on track."

To get a first-hand sense of her practice, I scheduled two visits. After I filled out the forms, Babalas took me into her private studio, where she gently palpated my body from head to toe. She asked questions, including queries about physical trauma. That category included surgeries. I was reminded of a *New Yorker* piece I once read, which spoke of surgery as "controlled violence." She translated what she sensed in her fingers to numbers on a page that featured the outline of a human body. The numbers, one through ten, with ten signifying the highest degree of tension, corresponded to what she sensed in each section: head, neck, torso, abdomen, thighs, lower legs, ankles, and feet. I was surprised that she put "nine" at various points around my head. I felt utterly relaxed — but my body told her a different story. Only later did I realize that my history of craniotomies showed itself to her in those palpations.

We began adjustments. I lay face-down for the first half. For the second half I was on my back. Babalas' adjustments felt more like a laying-on of hands than like any chiropractic measure I'd imagined. Standard chiropractic manipulations are sometimes described as "crunching," and can result in popping sounds, as joints are readjusted. Babalas' adjustments, by contrast, involve a bare flutter of her fingers on the body. In our first interview, she explained that "the snap crackle pop sound that people associate with chiropractic is not always necessary or indicative of a deep and lasting release in the structures of the body." Her approach prompts the body to heal itself, a practice and philosophy developed and expounded by her mentor, Sue Brown, who discovered and developed BGI.

I felt utterly relaxed — but my body told her a different story.

I was extremely surprised by Babalas' technique. Her fingers lighted on select portions of my anatomy, but she barely touched me. After a few minutes of these ministrations, she left the room to let my body respond to the adjustment, while she ministered to others in the larger studio. I lay listening to the music piped in. It was soothing. The sunlight was relaxing, and the cushioned table on which I lay dissolved all vestigial tension. I was there for an hour, with Babalas going back and forth between studios, tending to each client in turn. At first I wondered how in the world such a method could possibly help. But I freed my mind of skepticism and enjoyed the tranquility of the occasion. I was open, receptive, curious, and completely relaxed.

I thought about some of the testimonials I'd heard from some of her clients. Tess had rhapsodized about "magical" improvements in her well-being. Emily talked about her younger daughter, Amelia, just two years old when she began seeing "Dr. Diane," as many of her clients call her. Amelia suffered frequent nosebleeds; she had sleep apnea; there was a bulge on her nose where she'd been injured. Doctors told Emily that Amelia might need surgery. But Emily was reluctant to subject her two-year-old to invasive surgery. Emily and Diane saw each other frequently, since their five-year-old daughters were in the same kindergarten. Emily asked for a recommendation. Diane offered to take a look. Emily was astonished and impressed by Amelia's quick improvement. "After the second adjustment, Amelia breathed really well and slept soundly, too." She *looked* different, too. The bulge on her nose was no longer evident.

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Gateway Chiropractic exudes a sense of calm.

Emily herself had long suffered from pain in her hips and leg, so she also began seeing Babalas.

> After first adjustment, the pain stopped. It started again, but with each adjustment, the pain grew less and less. After about a month, there was no pain at all. I have no issues with hips anymore. There used to be a constant, dull pain, along with popping sounds in my hips. It's all gone.

Continued on page 62

Getting To Know Dr. Diane Babalas

Dr. Babalas and her children

Continued from page 61

Babalas' treatments, she realized, were helping her in ways she had not anticipated. She became conscious of "a deeper level," something beyond the physical. She now sees Babalas once a week. "I walk out feeling as though I had a two hour massage." She talks about having developed "a deeper understanding of self and her own physiological response to things."

Over the years, Emily had tried physical therapy, psychotherapy, and various other treatment modalities for her pain. Nothing helped. "Now," she said, "I tell everyone about Diane; she has completely changed my life." At thirty seven, Emily holds a high-stress, managerial, full-time job in the tech industry. Yet she found herself considering becoming a BGI chiropractor! She is still in the tech industry, but her life now includes Diane Babalas, who is, in Emily's words, "positive, caring, and very talented at what she does."

"When I go to her office, she almost always knows what's wrong without me telling her. It's uncanny. She has the ability not just to identify issues, but to work with my body to get things back on track."

I thought of Terry, another Babalas client these last few years. He had never been to a chiropractor and, when he first went to Babalas, he didn't know what to expect. "I was initially skeptical about the healing aspects of her work, but that skepticism soon went away." At his first visit, Babalas asked, "What's up with your neck?":

> I didn't know what she was talking about, but after a while I remembered that as a very young child I had broken my neck. Diane *found* that right away, something no other physician had ever mentioned to me. When I go to her office, she almost always knows what's wrong without me telling her. It's uncanny. She has the ability not just to identify issues, but to work with my body to get things back on track.

Terry is also impressed that Babalas regularly seeks further training to learn new techniques. "She has a natural desire to learn to do her work at the highest level."

Both Terry and Emily appreciate sessions in the large studio, with other clients. Terry was "surprised" to find himself in such a setting, but he is now accustomed to it. Emily likes the group setting. She enjoys hearing other clients talk about how Babalas has helped them. "It's cool," she said. Tess confessed that she doesn't understand how BGI works from a technical standpoint, "so I label it 'magic,' because it works so well on physical, emotional, and spiritual levels. Diane's healing touch is filled with kindness and wisdom."

Karolyn, a retired engineer, maintains that Babalas is "the best listener I've ever experienced. Her entire body, mind, heart hears what you're saying." Karolyn, who comes from a science background, credits Babalas for connecting her science side with her emotional and physical sides. After doing yoga for over thirty years, Karolyn began experiencing pain that wouldn't leave. "Diane helped me get rid of the grunge," she said. She noted, too, that her feet were always prone to dryness. "Diane figured out it was circulation." Finally, she said, "My heart is more open now. [Diane] suggested books. I've been going through her library — a book or two per week. She has opened my mind and heart." Karolyn is pleased, too, that in her circle of friends others have recognized the changes. "I get along with people better. I'm losing weight. And my art teacher noticed that I'm much 'quieter with my art.'"

Another client, Paula, spent much of her adult life dealing with an assortment of health issues and suffered residual pain from a debilitating illness. Conventional medicine helped her through the worst, but she was still left "hanging." She turned to alternative healers to help bring her "the rest of the way." Among the many techniques she tried were Alexander, Feldenkrais, acupuncture, fasting, cleanses, and various other holistic healing techniques. She had good results, but vestigial pain lingered.

Her friend, a person Paula respects and admires, referred her to Babalas. So Paula went. She found relief. Her praise of Babalas is unequivocal. "I'm healthier than I've ever been in my life. When you're already compromised, there's a lot of intuition that's involved, along with trust in friends and advisors." She pointed out that each individual must be her own test case; that using an empirical approach, one must ask whether the treatment feels useful or not, whether it is worth the time and money. For Paula, the answer to these questions is a resounding yes.

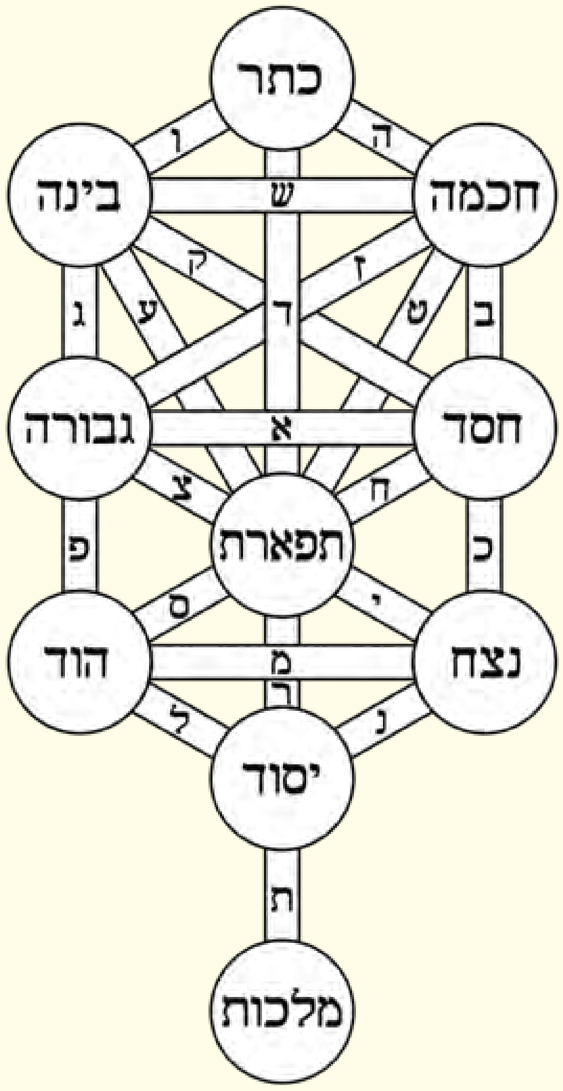
"The mission of a chiropractor is to release the interference to the expression of the infinite potential in all beings."
–Dr. Diane Babalas

My hour was up. I rose slowly from the table, feeling myself in an altered state — the way I feel after the best of yoga classes. I left Gateway Chiropractic walking on air. Several days later, I attended Babalas' evening seminar, along with 12 of her regular clients. Using a PowerPoint presentation, she explained the principles of her work as a chiropractor and BGI practitioner. "The mission of a chiropractor," she said, "is to release the interference to the expression of the infinite potential in all beings." This

Continued on page 64

The SACRED GEOMETRY of BIO-GEOMETRIC INTEGRATION (BGI)

Here, side by side, are the Kabbalistic and BGI images of the body's geometric design. Sue Brown did not know of Kabbalah's geometric "tree of life" when she established the BGI's geometric image. The discovery of the overlap was an exciting one. For many, it confirmed the veracity of Brown's vision of the human body's geometric configuration.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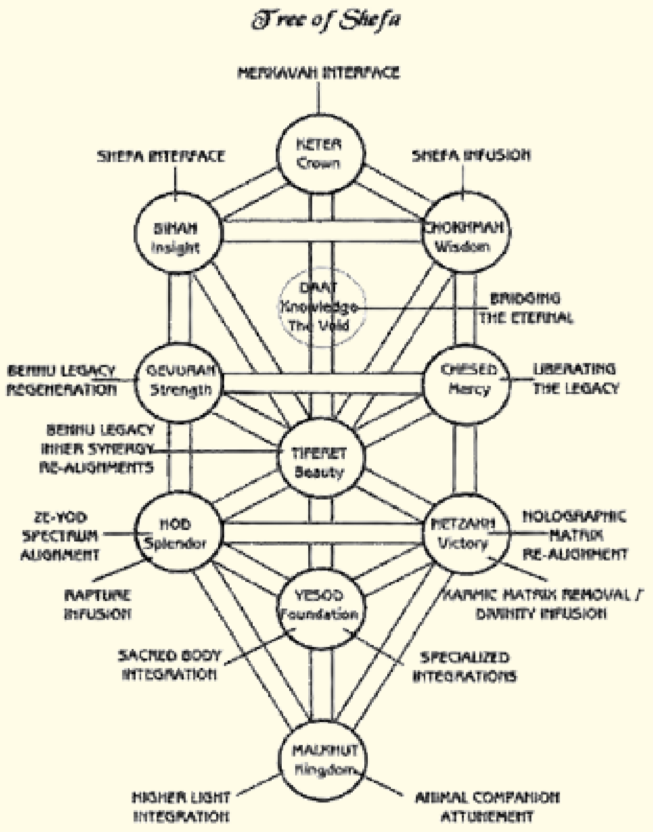
- Shefa (Jewish theology) (עפש "Flow" in Hebrew). Divine influence in Medieval Jewish Philosophy, interchangeable with Ohr (רוא "Light") Divine emanation in Kabbalah
- Al-Shefa, one of the most famous books of Avicenna (Ibn Sina); *shefa* is an Arabic word meaning healing or recovery


Tree of Shefa
MERKAVAH INTERFACE
SHEFA INTERFACE
KETER
Crown
SHEFA INFUSION
BINAH
Insight
CHOKHMAH
Wisdom
DAAT
Knowledge
The Void
BRIDGING
THE ETERNAL
BENNU LEGACY
REGENERATION
GEVURAH
Strength
CHESED
Mercy
LIBERATING
THE LEGACY
BENNU LEGACY
INNER SYNERGY
RE-ALIGNMENTS
TIFERET
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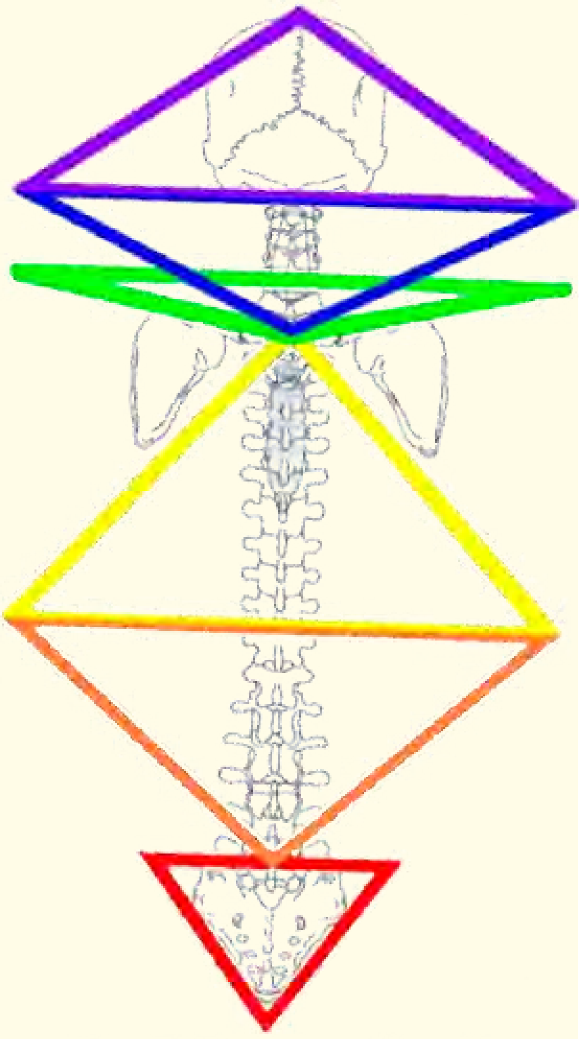
HOD
Splendor
NETZAKH
Victory
HOLOGRAPHIC
MATRIX
RE-ALIGNMENT
RAPTURE
INFUSION
YESOD
Foundation
KARMIC MATRIX REMOVAL /
DIVINITY INFUSION
SACRED BODY
INTEGRATION
SPECIALIZED
INTEGRATIONS
MALKHUT
Kingdom
HIGHER LIGHT
INTEGRATION
ANIMAL COMPANION
ATTUNEMENT

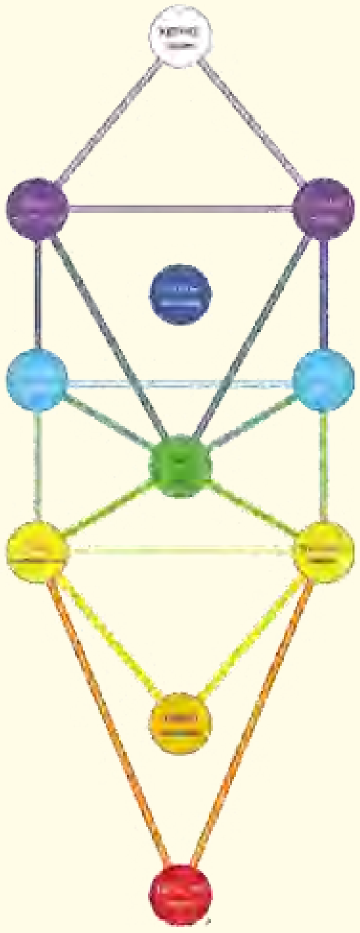


A graphical depiction of the body's innate geometry

Chiropractic

A chiropractor practices chiropractic (not chiropracy, chiropractics, or even chiropractic medicine).

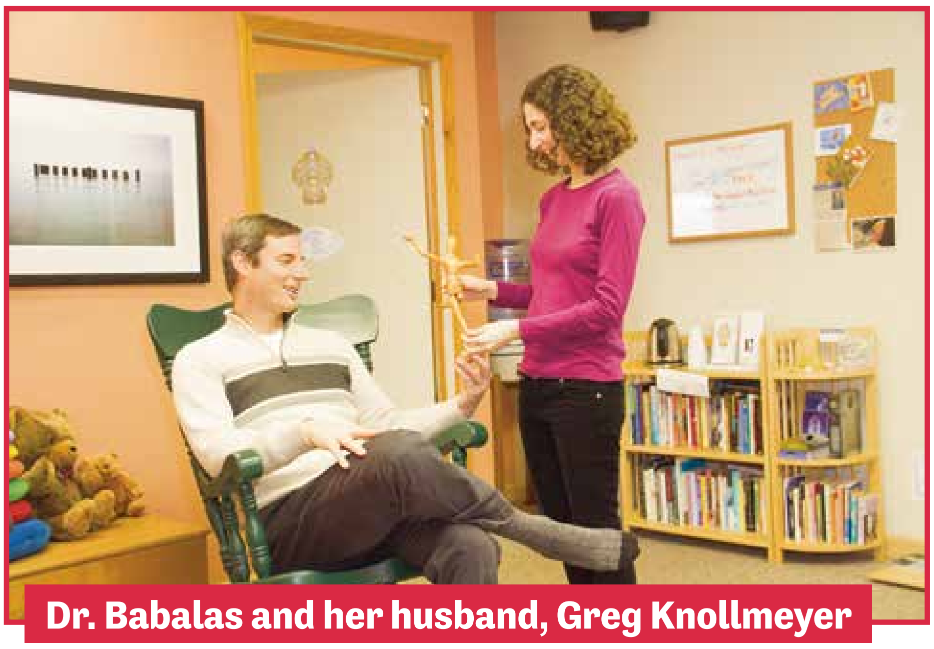
The word "chiropractic" comes from the Greek words cheir (hand) and praxis (action), and simply means "done by hand."



Every experience (event) triggers energy. These events must be integrated by the body for the system to maintain optimal functioning.

Getting To Know Dr. Diane Babalas

Continued from page 62



Dr. Babalas and her husband, Greg Knollmeyer

is BGI-speak. It means that the energy (potential) stored as stress must be released to allow the body to heal itself. How? Every experience (event) triggers energy. These events must be integrated by the body for the system to maintain optimal functioning. If an event is not integrated, the result is tension, recognized by pain, knotted muscles, and other somatic indicators. Once the stored energy (tension) is released, the body can heal itself.

Imagine that you hold a geodesic dome in your hands and you press down on it. Rather than breaking, the force is evenly distributed throughout the structure. This is the tensegrity model, made famous by Buckminster Fuller.

To our bodies, every event we experience is simply information. In essence, whether it is pain or pleasure, grief or joy these experiences are waves of information that we either take in and flow with ("integrate") or resist and store in our body. This holding can be subtle or obvious and can create an array of symptoms, postures, and conditions. Babalas' professional synthesis is this: "When an event remains unintegrated it can wreak havoc on the body in many ways — from changes in our electromagnetic field, our emotions, to chemistry changes or musculoskeletal tension." These maladaptive ways of holding on to that energy are called "subluxation" — a word that figures in both chiropractic and BGI.

Babalas' mentor was Sue Brown herself, the originator of BGI. Brown talked about "vitalistic philosophy" and "sacred geometry." Babalas explained:

> Vitalistic philosophy is the opposite of a mechanistic philosophy. The body is more than the sum of its parts. It has innate wisdom, responsible for running, healing, and diagnosing the system. We're trying to access innate wisdom of the body, uniting spirit and body. I want people to be aware that their body reflects their life. I map out the torque of their lifestyle positions, but I also watch for their emotional states. When you look at the body on a musculoskeletal model, it gives a sense of how the body functions as a whole. But we can also talk about it as that track of tension representing some event that couldn't be processed at the time of the event.

"Sacred Geometry" is a concept that Sue Brown explained by using the "tensegrity model." Imagine that you hold a geodesic dome in your hands and you press down on it. Rather than breaking, the force is evenly distributed throughout the structure. This is the tensegrity model, made famous by Buckminster Fuller. It is an amalgam of triangles linked by stretchy material. Think of the hard sides of the triangles as our bones. The stretchy substance is our tendons, ligaments and soft tissue that connect those bones. The tensegrity model functions at both the macroscopic and microscopic, cellular levels. Tensegrity is central to BGI's idea of "sacred geometry," an expression that reflects the ancient belief that the universe was divinely created according to a geometric plan. This belief can be traced through art, philosophy, and religion the world over. Sue Brown's image of our bodies as tensegrity structures helped her understand why stress does not break us; our whole system bears the load. But as we carry more loads, we feel the stresses in our system more acutely. To further elucidate her vision, she created a geometric diagram of the body, a bodily illustration of the tensegrity model. Upon studying the diagram, she discovered that her design mirrored the Kabbalistic model of the human body.

Sue Brown's image of our bodies as tensegrity structures helped her understand why stress does not break us; our whole system bears the load.

Brown described her model as the "innate geometry in the body." She posited that by identifying, understanding, and utilizing that geometry, the chiropractor can better assess and release the subluxation, or unintegrated energy. Such energy (events, experiences) becomes stress — or potential energy — stored in the body. The body holds accumulated stress in three areas: the muscles, the soft connective tissue, and the hard connective tissue (bones). The force of the adjustment for releasing potential energy in the muscles and soft tissue is rather light while the force of the adjustment to release potential energy in the *bony* system is more dynamic and is the type typically associated with chiropractic.

"The resonance of bone has a deep buzzing feel."
–Dr. Diane Babalas

Bio-Geometric Integration incorporates principles of physics and quantum mechanics in its understanding of the body's state of ease and dis-ease. Echoing Sue Brown, Babalas notes that everything we see as matter is a wave. This is physics. Everything has a particular resonance, a vibration. ("The resonance of bone," she told me, "has a deep buzzing feel.")

Sue Brown used musical metaphors to convey her philosophy. Echoing Sue Brown, Babalas speaks of "a few notes, or a chord, or a whole symphony.":

> If I can match that resonance in me, I'm amplifying the resonance of those waves, and it triggers your body's tension from hardness [she pointed to a chair, a handy example of a hard object] to wave. On the table, what I'm doing doesn't look like much, but when I take my hands off, the person's system has made that shift. I've matched the tone [by gathering the vibrations], and the person feels release. It isn't about me doing anything on the outside. It's the release that happens inside.

Babalas uses a musical metaphor to explain what she does — even while explaining how BGI incorporates certain scientific principles. Quantum physics has shown that we are a multitude of synchronized, organized frequencies. In other words, we are a musical symphony physically manifested and walking around on earth. When we integrate an experience of life we've simply added another note to the music that we are, ever so slightly, increasing in complexity. Our structure is determined by our music. If the music changes, the structure changes.

She began her adult life with aspirations for a life as a professional musician. She studied clarinet at Boston University.

If the system can't integrate the experience then, instead of the new tone becoming part of the integrated whole, it is stored in the body. The system perceives it as a foreign, dissonant tone. It's like the experience of someone yelling and screaming at you and you don't know why. The dissonance of the tone distorts the body's natural geometric structure and alignment. It causes tight muscles, misaligned vertebrae, and tension on the nerve system. In BGI, the chiropractic adjustment helps the person become aware of this dissonance and releases the potential energy that it stores, giving the system a second chance to integrate the energy and information of the original experience.

Quantum physics has shown that we are a multitude of synchronized, organized frequencies. In other words, we are a musical symphony physically manifested and walking around on earth.

"I never think of 'fixing' anyone. I don't come from that place. It's not vitalistic. I'd say, 'How can I serve you? What stored potential is in your system, generating tension? Can I help facilitate its transforming from this particle state back into a wave state?'"
–Dr. Diane Babalas

Babalas' shift from music to chiropractic offers a telling bit of history. She began her adult life with aspirations for a life as a professional musician. She studied clarinet at Boston University. The combination of emotional and physical stress associated with a musical career led her to seek chiropractic help. The cut-throat nature of the musical scene and the physical toll exacted by hours of practice led her to reconsider her career path. She set music aside and embarked on the study of chiropractic.

It is quite possible that her musical aptitude and training contribute to her unusual ability to listen to the music of the body, to sense the buzzing resonance of bone and the tones emitted by other parts of the body. It is also possible that she is just plain intuitive. Initially, when I sought to understand what makes her method work and whether other methods might succeed just as well, I asked whether any of her clients have tried psychotherapy. "People who have done a lot of [psycho-] therapy," she said, "tend to have a better sense of connectedness in their system; they get a chance to release those experiences on a more primal level — but it depends on the person." Clients who never had psychotherapy "sometimes discover that they need it." In other words, while BGI can disrupt disruptions, it can also enhance and benefit from other modalities.

During my preliminary interview with Babalas, I asked her a loaded question. "If Richard III came to you for help, could you fix his crooked spine?" She answered:

> I never think of 'fixing' anyone. I don't come from that place. It's not vitalistic. I'd say, 'How can I serve you? What stored potential is in your system, generating tension? Can I help facilitate its transforming from this particle state back into a wave state?'

Babalas has seen people's spines shift position. The body, she said, is the expression of all one's life experience. That amalgam, along with what one carries in familial, genetic legacy, informs the body's state of "dis-ease." Unfortunately for King Richard, the time machine to bring him to Babalas or Babalas to him has not yet been invented.

Gateway Chiropractic is located at 210 Collingwood Road, Suite 100, in Ann Arbor. New clients are welcome. Their website is www.gatewaychiropracticbgi.com. To schedule an appointment, call 734.239.6060 or email gatewaybgi@gmail.com.

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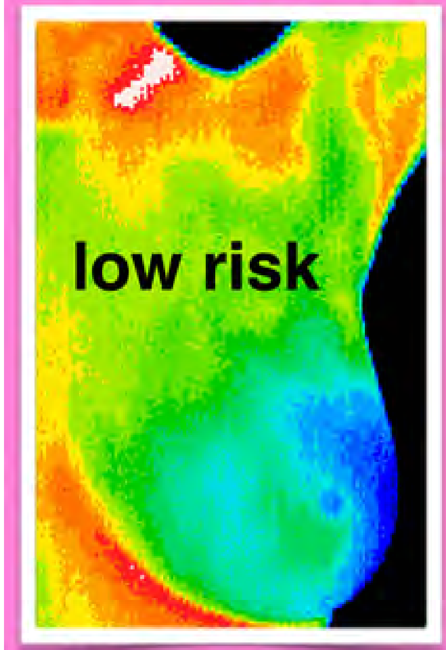

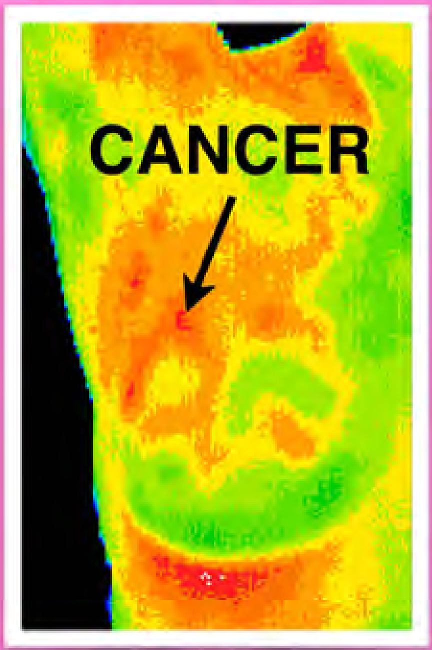

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Breaking Boards, Breaking the Cycle — Instructors Work to Keep Girls in Martial Arts Longer, Citing Physical and Mental Benefits

By Diane Majeske
Photos by Tobi Hollander

Heidi Sproull (in blue tank top) is a psychotherapist and leader of self-defense classes for women and girls

Empowering Girls and Young Women with Martial Arts

Article starts on page 69

Karlee Hooker does a form
with instructor Lynda Gronlund

Melanie Kwierant
practices with
her katana

> "I think there are very subtle messages in society to girls when they get into middle school. They stop being less 'generic child' and more 'girl child' and they start to step into societal roles as girls and eventually women."
>
> – Lynda Gronlund, PKSA Karate

Sisters Lynne and Lena Trang
work on their fighting stance

Breaking Boards, Breaking the Cycle — Instructors Work to Keep Girls in Martial Arts Longer, Citing Physical and Mental Benefits

By Diane Majeske
Photos by Tobi Hollander

Eleven-year-old Melanie Kwierant moves to the center of the studio, a little reluctant to show off her black belt karate skills. But as she begins, her pre-teen shyness fades away.

She kicks. Punches. Maneuvers a graceful turn. She's calm and confident. When finished, she's slightly out of breath. She bows to the small crowd that has gathered and sits down.

Her mother Christine, also the holder of a black belt degree, pats her knee. Melanie leans in. "That's fun," she whispers.

Martial arts is fun — it's good for you, mentally and physically, and more importantly, it's an activity for everyone. That refrain echoes throughout Ann Arbor, from instructors and devotees alike, no matter what form of the art they teach or practice.

But the fact remains: Men still outnumber women in adult martial art classes and competitions, and, as one might expect, moving down the line in age, boys still outnumber girls.

The situation is improving, but it could get better, instructors agree. Why? Those reasons are as complex as today's society, and as individual as the girls who enter today's modern dojos.

Mixed Messages?

"We do see a lot of girls in our classes, but not as many as you might think," said Lynda Gronlund, owner of PKSA Karate school, and a 3rd degree black belt in the traditional Korean art of Tang Soo Do. She added:

> We have a supportive atmosphere here, but we get kids pretty young. We have a program called Kids Power and we go into the schools, ages 6 through 12, and that's our most popular draw, so I don't think there's much prejudice, you know, boys against girls, at that age. Now, I do notice when the girls get older — like, in middle school — there's more of a struggle with self-esteem. But it seems like everything gets harder at that age.

At that point, she said, many girls find themselves besieged by societal messages that confuse them.

> It isn't everyone, of course. But, for many girls, it does affect their martial arts. They stop trying as hard. They stop being as enthusiastic, and some of them stop altogether. I think there are very subtle messages in society to girls when they get into middle school. They stop being less 'generic child' and more 'girl child' and they start to step into societal roles as girls and eventually women. Peer pressure becomes huge.

Not only are they nervous about getting hurt, they're nervous about injuring someone else.

She added: "You have to be thin, you have to be feminine, and you have to be pretty — maybe it's not even on a conscious level. And maybe this [martial arts] isn't something that fits into that feminine role."

Of course, girls don't necessarily specify why they've decided to stop taking classes, she said. But as an instructor, she's learned to observe.

> Boys and men have grown up roughhousing and physically being active, whereas girls are often less prone, or others would say 'discouraged' from that — I don't know which it is. I do know that women or girls who spar, it's harder for them at first. They're not used to the physical proximity and they're not used to being hit. We pad up, and you're not in physical danger, but it's rough. You're getting thrown around a little bit. And girls aren't used to that if they haven't been in martial arts before. So, it's strange and it can be a little scary at first.

Not only are they nervous about getting hurt, they're nervous about injuring someone else. "Women and girls tend to be more afraid of hurting another person," Gronlund said. "It tends to be more upsetting to them."

Conversely, over time, she's seen the classes build up confidence and bolster self-image in her female students. "Part of martial arts is about self-discipline, about pushing yourself when things get difficult," she said. "And I think these girls are able to push themselves when things get difficult — when anything gets difficult in their lives. That is a super valuable lesson." She hopes more girls get to learn it.

"Our classes, we're holding our own, our numbers are pretty steady," Gronlund said in terms of female enrollment. "At a red belt level, we have 30 to 40 percent girls. But it's so awesome for building their confidence, I really wish we could get more."

"Part of martial arts is about self-discipline, about pushing yourself when things get difficult."
–Lynda Gronlund, PKSA Karate

Staying Strong, Changing Your Life

Stephanie Schaldenbrand, a youth instructor with Quest Martial Arts, agrees wholeheartedly with that sentiment. Schaldenbrand is a 3rd degree black belt in ninjutsu — and she didn't even begin studying the art until her 40th birthday, as a gift to herself. She's seen the changes that martial arts has made in her, and she is sure it can change the lives of any girl — of any person — who studies it.

Continued on page 70

Lynda Gronlund,
owner of
PKSA Karate School

Breaking Boards, Breaking the Cycle

Continued from page 69

> There are so many positive things, so many intangibles…but the most obvious thing is the self-confidence. For example, I still run as part of my cross training, and at six in the morning, in the winter, it's dark. My awareness level in my environment now is so much higher. I feel much more confident now going for that run. My intuition level is so much higher. And because my confidence is so high, I can talk to anyone or interact with anyone. I know myself now, mentally and physically. I know what ticks me off; I know what it's like to be adrenalized. This art…I know it builds so much confidence and awareness and compassion.

"My awareness level in my environment now is so much higher.…I know myself now, mentally and physically."
–Stephanie Schaldenbrand, Quest Martial Arts

She knows, too, how much time and energy and passion she put into learning ninjutsu, an ancient Japanese martial art. That's why she is disappointed, but not terribly surprised, if girls drop out of classes as they get older.

"You know, when we ask the girls why they leave, there isn't always a solid reason. When they come here, for the younger girls, the parent will say they want to build confidence and body awareness, and it works." Adding, "It's very cool, it's actually amazing. It's amazing that this art has survived — that it's even still around for us to teach," said Schaldenbrand, who recently went to Japan to learn even more about it.

> But when the girls leave, they're getting into middle school, and there are just so many options for them. Maybe it doesn't seem quite as cool to be doing martial arts. Or maybe it's motivation. It takes a lot of motivation and dedication to do this. The sheer number of other offerings is overwhelming — from academic society to robotics, it's just amazing.

The classes at Quest do tend to skew male, she said, although she notes that the girls who stay end up staying longer. She credits that, in part, to the strong female staff presence at the school, who provide strong role models. Schaldenbrand feels the dedication and passion displayed at the school is contagious.

"We do our best," she said. "We showcase our skills to show them where they're going, show them their path." And many times, she said, it works. "You'll see their excitement. It's written all over their faces."

That enthusiasm translates into self-confidence with a solid grounding in basic self-defense, something every girl — and women — should have, Quest instructors believe.

"Young girls tend to be very enthusiastic about martial arts, but I find that around middle school age or teenage years, a couple of things happen. There becomes more of a focus toward team sports or competitive sports, centered in school."

–Heidi Sproull, psychotherapist and leader of self-defense classes for women and girls

The school feels strongly about that, so much so that owners Keith and Donna Copeland periodically offer free self-defense classes for women, Schaldenbrand said. "Every woman needs to be able to stand up for herself in a healthy and productive manner, whether that's using the proper verbiage, whether that's creating that increased awareness around you, or physically creating a safe space. We want that for every woman."

Asserting Yourself in Any Situation

So does Heidi Sproull. That's why this psychotherapist and martial artist has been teaching self-defense classes to girls ages 12 and up since 1990, teaching mental preparedness and verbal skills along with techniques she's learned in Japanese jui jutzu and judo.

"I began studying martial arts in my 20s and I've been involved in the self-defense movement since that time," said Sproull, who has a black belt in Japanese jujitsu and a brown belt in judo. "Young girls tend to be very enthusiastic about martial arts, but I find that around middle school age or teenage years, a couple of things happen. There becomes more of a focus toward team sports or competitive sports, centered in school."

Also, she said, there comes a point, usually around puberty, when heterosexual girls become concerned about how they appear to boys. They begin to worry about their appearance — and how others perceive them, she said.

> They start to think, 'Does [practicing martial arts] make me appear unfeminine?' Or, 'Does it make me not cute?' So at that point, they stop taking the classes. And that's unfortunate. Because adolescence is a time when empowerment and psychological strength could certainly be a benefit.

Sproull learned about martial arts after college, when an attack in her Chicago neighborhood made her feel personally unsafe. After taking a self-defense course, she became enamored with martial arts, studied, and soon became an instructor, teaching throughout Illinois and across the U.S. After she settled in Michigan, she realized she could incorporate that martial arts knowledge into self-defense courses that would help younger girls feel as empowered as she did.

In her all-girl classes, which are often attended by mother-daughter pairs, she talks frankly with her students, helping them set personal boundaries and decide what is acceptable to them in terms of touching, flirting, and casual contact. She talks about date rape and saying 'no.' She role-plays situations that might prove uncomfortable — in college dorms or even at bus stops — and helps the girls form responses with which they feel comfortable.

Then, with her college-age daughter as her assistant, she teaches martial arts moves designed to inspire personal confidence in her students, as well as help them get out of choke-holds, arm locks, and even pony-tail grabs.

Her daughter, Anika Sproull, 21, a senior at Kalamazoo College, is an enthusiastic, able assistant. Anika studied both karate and judo until middle school, and has been working with her mother in the self-defense classes since ninth grade. Like many girls, she left martial arts in middle school, opting for school sports instead.

Anika, however, has every intention of returning.

> When I'm practicing martial arts, I feel strong — I feel empowered, fit, and super happy. I miss it. I don't even know everything I get out of it. It's like a fire; it lights me up. It's so physical — you're so intense and aware. You're aware of how your body is matching up to someone else's — it's like a strategy within your muscle and your muscle memory. I've missed it ever since I've stopped.

In the meantime, the self-defense classes keep her moves sharp.

> I think a lot of the messages my mom and I give in this class are really important. They address more than just the physical self-defense. Those are derived from martial arts, and they're good, but there's more — to be able to defend yourself, you need to believe you're worth fighting for. Self-esteem and self-worth are very important.

Heidi Sproull couldn't agree more:

> When I do a class, I feel like people love it; they feel that sense of power inside themselves, and that's an incredible thing to witness. The current rates of sexual assault in our culture are still staggering. One out of every three women in their lifetime will experience a sexual assaultive attack. I see these classes as an opportunity to empower ourselves. Self-defense isn't about stopping an assault. It's about feeling empowered in your daily life — it's how you assert yourself in any given situation. And that all extends from knowing that you count, and that you matter.

"I used to hate sparring, but the more you do it, the more you like it."

–Karlee Hooker, age 10

Continued on page 75

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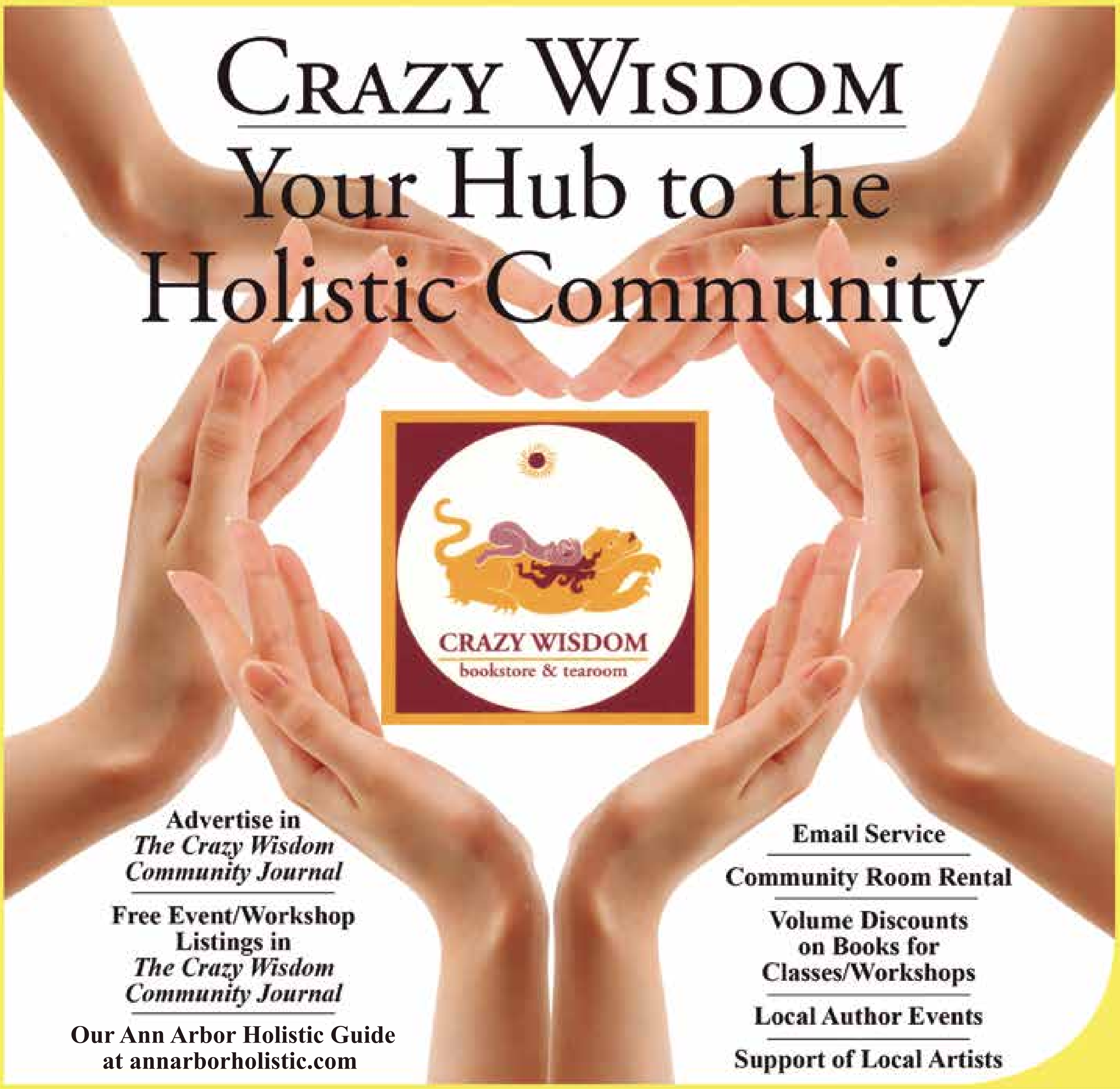

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“Enthusiasm translates into self-confidence with a solid grounding in basic self-defense, something every girl — and women — should have.”

Olivia Kalikin (left); Kinga Jung (middle); Tess Flemming (far right)

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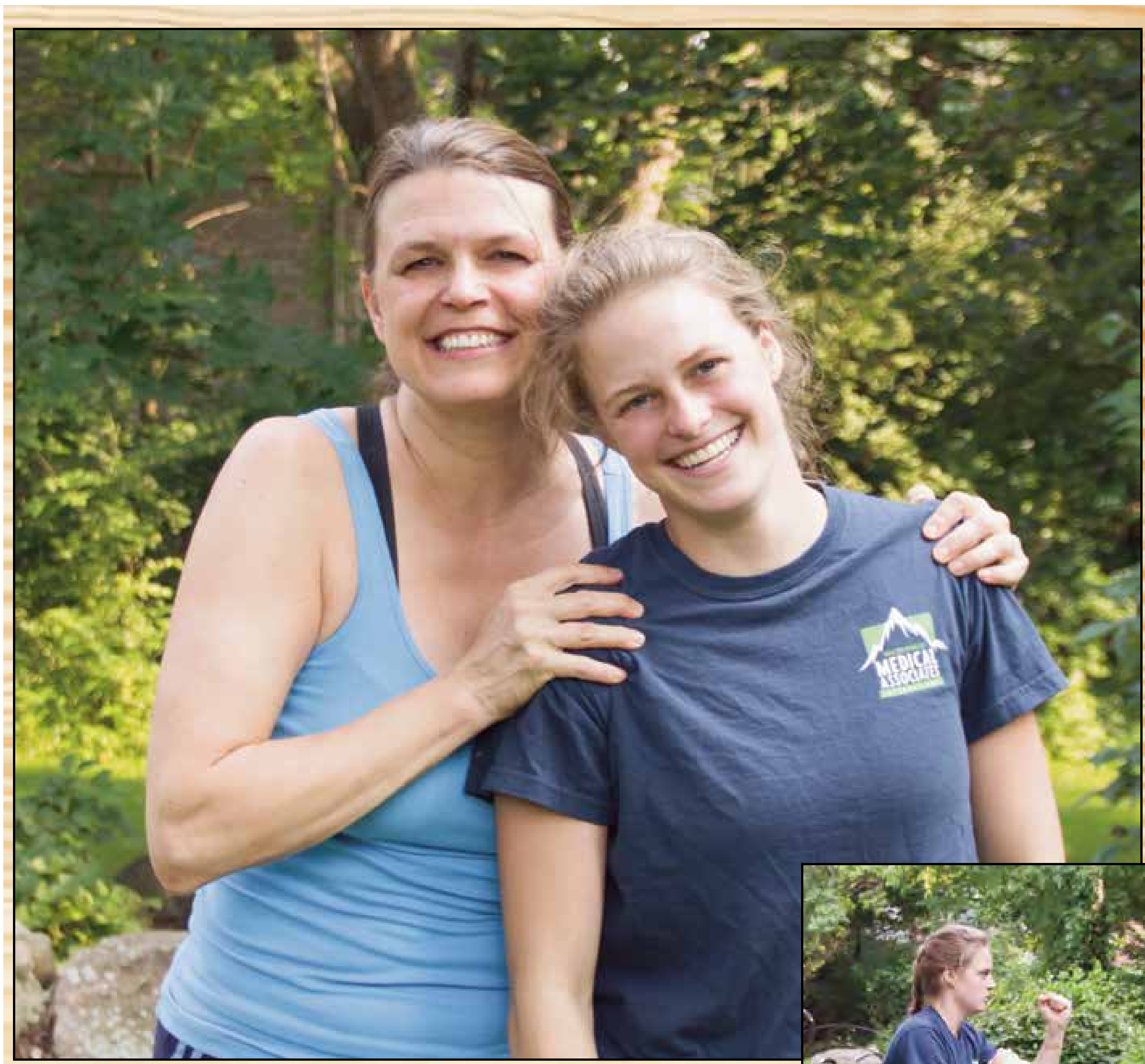
"My awareness level in my environment now is so much higher.…I know myself now, mentally and physically."

– Stephanie Schaldenbrand, Quest Martial Arts

Stephanie Schaldenbrand, of Quest Martial Arts



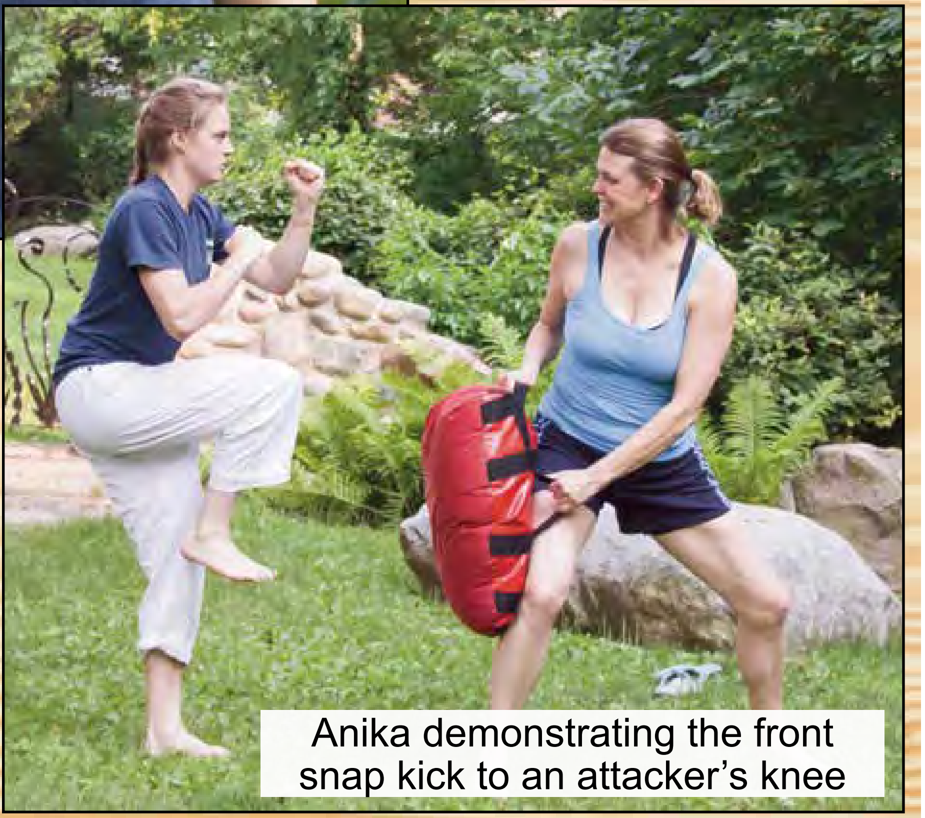
Heidi Sproull and her daughter, Anika

"One out of every three women in their lifetime will experience a sexual assaultive attack."

– Heidi Sproull

"It's like a fire; it lights me up. It's so physical — you're so intense and aware. You're aware of how your body is matching up to someone else's — it's like a strategy within your muscle and your muscle memory."

– Anika Sproull



Anika demonstrating the front snap kick to an attacker's knee

Breaking Boards, Breaking the Cycle

Continued from page 70

Discovering Power, Maintaining Balance
Studying martial arts is indeed a wonderful way to become strong and healthy, said Wasentha Young, long-time owner of the Peaceful Dragon School of T'ai Chi Ch'uan. (Young, a highly respected woman martial artist in this region, has been a practitioner of the ancient Chinese art since 1968.) But it offers so much more.

T'ai chi is a centuries-old Chinese martial art that emphasizes the cultivation and integration of body and mind. It involves a series of slow, meditative body movements and is often characterized as "meditation in motion."

"…young people…are so socially disconnected because of the use of artificial intelligence. Martial arts will help them develop a better sense of being human, and the potential friendships and challenges that come out of that."

–Wasentha Young,
Peaceful Dragon School

But t'ai chi also has a martial, or self-defense, side, Young said, and she is well-versed in its moves. In fact, growing up in New York, she was introduced to t'ai chi as a fighting art, not one for health or relaxation.

The alignment of body and mind in t'ai chi, Young said, allows you to strengthen your intuition — an extremely powerful force.

> Over the years, I began to see that intuition is our first built-in self-defense mechanism. It's real, and it lets us feel our own vulnerability, and there is an absolute strength in that. Your intuition tells you what to watch out for, in an instant, and I think that is even more powerful than being able to overcome your opponent.

Young, a master in her art, knows well when to fight, and when to stand down.

.

> T'ai chi isn't based on being strong or fast. There is a martial application, yes, but I've learned that defending oneself doesn't mean having to fight. You train your intuition, and you can feel the energy of another person and know when something is out of flow. Sometimes, you can just step out of the way.

"Your intuition tells you what to watch out for, in an instant, and I think that is even more powerful than being able to overcome your opponent."

–Wasentha Young,
Peaceful Dragon School

In fact, Young said, her training in t'ai chi has always been there for her, no matter what situation she has come up against in life.

> No matter what's been happening in my life, there was always some part of my training that I could pull out of my toolbox, and it would help me in some way. Whether it was dealing with people on different levels, coping with stress, developing healthy boundaries, if I was in danger or potential danger, I've been able to go through life's experiences gracefully, grounded by my t'ai chi training.

She knows that girls today have different challenges, although she notes that everyone still needs the same fundamental physical, mental and emotional support system. But today's young people also might find another benefit to martial arts training, Young said.

Wasentha Young,
Peaceful Dragon School

> This is a new age, of course. But one of the things I see happening to young people is they are so socially disconnected because of the use of artificial intelligence. Martial arts will help them develop a better sense of being human, and the potential friendships and challenges that come out of that.

Technology has its place, Young believes, and it is definitely an asset to society. But martial arts brings a balance of humanity to the mix. "I think that martial arts helps establish that healthy sense of boundaries, those personal connections."

Ready to Start, Ready to Succeed
Across town, Melanie Kwierant is getting ready for class at PKSA Karate. A few friends have joined her. They're warming up, stretching, kicking, giggling.

Ten-year-old Karlee Hooker is a red belt, there with her dad, Kwame. She's somewhat new to the school, and has been practicing martial arts for two years.

"My dad put me in it," she admitted.

> And I didn't much like doing it. I went to another school in another town and it wasn't much fun. But here, they make it fun to do stuff. I like the basic actions and forms. I used to hate sparring, but the more you do it, the more you like it.

As for girls taking — or quitting — martial arts classes, Karlee has her own thoughts: "You know, we hear phrases from long ago, that men are tough and women are weak, and that's not true. And we can prove that's wrong — we can be stronger than they are, because we have courage, too."

Her father chimes in. "I want her to be able to defend herself, not to submit," said Kwame. "I think these classes are great for socializing, for building self-confidence, and just for the beauty of the art form. For my son, and for her, too. It's just something to take away for when daddy's not around to protect her."

Karlee doesn't know how long she'll practice karate — but she likes it right now, more than she ever has, she knows that. And she'd recommend it to any other girl who's considering it.

"I'd tell them, if you come here, they're not going to beat you up. It's so fun. It's not that intense. You're not going to feel like you're in prison or anything. You're going to succeed in something that will help you in life."

###

Editor's Note: In the print edition of this article, we mistakenly referred to Wasentha Young's title as "grandmaster." In actuality, the title she holds is "master." In the style of martial arts Wasentha practices, a "master" does not become a "grandmaster" unless their teacher — who is the grandmaster — dies. (Even under those circumstances, many other factors are taken into consideration when deciding who in the lineage gets the title.) We have made this correction in the digital version of the article.

Kids on the Go and in the Know

FALCONRY— WORDS FROM A MASTER

Master Falconer Craig Perdue, Elijah Hatcher-Kay and Rupert the owl

> “Falconry is a science and an art, and the art part is a bit more difficult,” Craig said. “It’s just as much an art as painting or music-playing, just different. In falconry, you’re dealing with living creatures so things are constantly changing. Each generation of falconers adds new aspects to the art as there are new innovations and inventions all the time.”

By Elijah Hatcher-Kay

Photography by Joni Strickfaden

Rupert let out a low hoot as he shifted his position on Master Falconer Craig Perdue’s wrist. “That hoot means he’s getting agitated. He doesn’t like everyone making a fuss about his prize.” Craig was referring to the lure in the bird’s talons. As if on cue, Rupert the Great-Horned Owl clutched it more tightly, letting out a high-pitched screech. Craig said, “I better take him back out to the car.”

This all happened in my living room. I first met Craig a few years ago on Drummond Island, which lies just off the eastern tip of the Upper Peninsula in Lake Huron. We were at the Great Lakes Traditional Arts Gathering there, an annual event at which people can learn everything from building a moose-skin canoe to weaving birch bark baskets to falconry. I have always loved raptors, so when I saw Craig’s falconry classes listed among the workshop possibilities, I knew I wanted to sign up right away. Craig and I formed a close bond, and he and his Harris hawk Glory came to my eighth birthday later that year. Glory has since moved to Missouri to join a falconer who has several of her kind, because Harris hawks live and hunt best in packs. I’m still interested in birds of prey, and when I had the opportunity to write this article, I invited Craig and Rupert to come over for dinner so I could ask them some questions.

Craig is the founder of Shadow Speak, LLC, through which he shares with others the incredible experiences he’s had working with birds. He has a master’s degree in natural resources management and a Ph.D. in philosophy, with a focus on how human actions affect the natural world. Craig offers classes for kids and adults in bird behavior and physical science. He also works with people individually on addressing problems specific to their birds. “People who come to me have different goals,” Craig says. “Some want their birds to fly to them, so they come to me and I help teach the bird to fly to them. Some people want their birds to hunt, but they just won’t hunt, so I help them.”

> “You have to live with birds to really understand them,” Craig Perdue told me. “Sometimes scientists don’t really understand them because they don’t live with them.”

One of the things Craig is trying to share through Shadow Speak is the idea that, by studying birds, people can understand many scientific principles. “If someone were to understand a homing pigeon, I mean really understand it, like everything about it, they could understand the entire universe,” Craig explained. “Because that knowledge would lead to more questions, and more questions, and more questions, until that person knows a whole lot of stuff.” Pursuing in-depth knowledge of one animal can teach so much about the natural world. For example, in one of Craig’s classes, students learn about bioluminescence and the physics of light through studying the iridescent colors of some birds.

Craig has lived all his life in Michigan and has always loved birds. In 2001 he decided to become a falconer. “You have to live with birds to really understand them,” Craig told me. “Sometimes scientists don’t really understand them because they don’t live with them.” Craig’s menagerie currently includes a homing pigeon, a beautiful green-wing macaw, a starling, Rupert the Great-Horned Owl, and he will soon be getting a Lanner falcon, a close relative of the more well-known peregrine.

Craig’s first bird was Coca, a male red-tailed hawk. Under Michigan law, new falconers are required to trap their first bird, which must be in its first year of life. “Since they are the easiest birds, a lot of Michigan falconers end up with a red-tail,” Craig said. He noted that the ability to identify a juvenile hawk properly is important, because before their first year, red-tail hawks don’t yet have red tails. He also mentioned that it’s easier to go back and fix previous mistakes with red-tails: “They’re more forgiving than other raptors.”

Craig flies and hunts with all his raptors but is especially focused on Rupert the Owl right now. When asked, “If you had a magic wand, what sorts of innovations would you make happen in falconry, even if they wouldn’t be easily accomplished right now?” Craig replied that he would “figure out great horned owls… If I figured out how to really work with them and connect with them, I would be doing something no one has ever done before.”

Craig is the author of *Paleofalconry: Falconry Under Primitive Conditions*, a book with lots of information about everything from jesses (long straps that go around a bird's ankles, which the falconer can hold) to leather hoods that cover birds' eyes, which calms them by tricking them into thinking it's night. "Falconry is a science and an art, and the art part is a bit more difficult," Craig said. "It's just as much an art as painting or music-playing, just different. In falconry, you're dealing with living creatures so things are constantly changing. Each generation of falconers adds new aspects to the art as there are new innovations and inventions all the time."

Falconers in Michigan must be at least fourteen years old. At that age, after lots of study, they can test for a license as an Apprentice Falconer. As an apprentice, one must be sponsored by a higher-level falconer. The apprentice must build a holding facility for one or more raptors. Once the state inspects and approves the facility, it issues the required permit for the apprentice to capture a first bird. The apprentice continues to train with his or her mentor, and upon the mentor's recommendation, the apprentice can test up to the next level, General Falconer. After several more years, one can earn Craig's rank, Master Falconer.

Craig's menagerie currently includes a homing pigeon, a beautiful green-wing macaw, a starling, Rupert the Great-Horned Owl, and he will soon be getting a Lanner falcon, a close relative of the more well-known peregrine.

In my living room, Craig knew what Rupert was "saying" with his different hoots and body language. I was impressed to see how close their relationship was, this curious man and his beautiful, watchful owl.

Craig Perdue's website is shadowspeak.org, and he can be reached at cperdue@ shadowspeak.org.

Elijah Hatcher-Kay is an 11-year-old homeschooler in fifth grade who loves reading, writing, acting, guitar, judo, and all things Star Wars. *You can contact him through his dad at kay.joshua@gmail.com*

If you know a budding young writer who would like to write an article for the "Kids on the Go and in the Know"column, send us an email at info@crazywisdom.net for requirements and guidelines.

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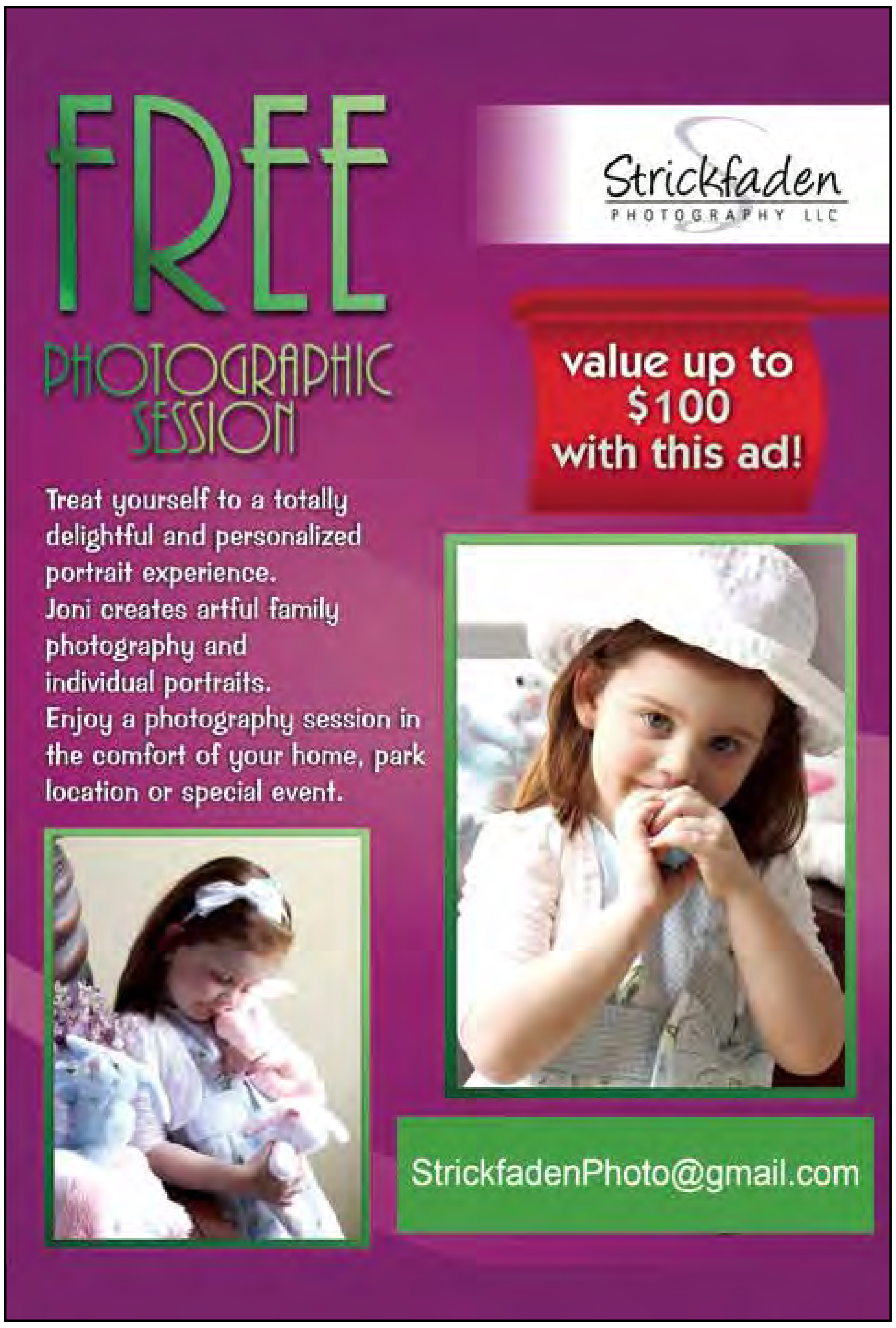

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All Creatures Great & Small

PTSD and Animals

By Judy Ramsey

While post-traumatic stress disorder (PTSD) in animals is not an official diagnosis in veterinary medicine, many animal professionals have observed it. Recent attention to dogs assisting soldiers in war zones and to animals rescued from natural disasters has put a spotlight on the consequential behaviors that these animals have shown. Your animal friend does not have to be in a disaster or war zone to develop PTSD symptoms. Common causes include accident, surgery, attacks by other animals, human-inflicted abuse, life-threatening illness, separation or death of a loved one, getting lost, or even moving to a new home.

Animals, like humans, differ in how they respond to events that are harmful or distressing. Events are more likely to cause PTSD when the threat is severe and prolonged. Recognizing symptoms in your pet will help you identify the support he needs to recover physically, mentally, and emotionally. Like humans, animals also need support on a variety of levels, and can benefit from holistic options, such as flower remedies, herbal therapy, acupuncture, and homeopathy. Enlisting the help of an animal communicator can also be useful in determining your animal's individual needs for healing.

PTSD is a complex condition that disrupts memory, learning, emotional responses, trust, intellectual processes, and the nervous system. In pets, symptoms include, but are not limited to, severe anxiety, markedly less interest in pre-trauma activities, panting, trembling, hiding, peeing inappropriately, sudden aggression, withdrawal, hypervigilance, exaggerated startle response, pacing, and self-destructive behavior. Moreover, there may be layers of trauma experienced from different events that reveal themselves over time. It can take years before the animal feels secure and happy.

Post-traumatic learning is helpful when it allows the animal to remember a danger to be avoided in the future. The learning becomes dysfunctional when it causes excessive and debilitating behavior.

According to Dr. Nicholas Dodman, director of the animal behavior clinic at the Cummings School of Veterinary Medicine at Tufts University, the post-traumatic learning that results from a terrifying experience depends on the release of fight-flight hormones in the brain, which help animals, including humans, to survive fearful events. Post-traumatic learning is helpful when it allows the animal to remember a danger to be avoided in the future. The learning becomes dysfunctional when it causes excessive and debilitating behavior. As with people, some animals are more prone to develop PTSD while others experiencing the same event are not.

It can take years before the animal feels secure and happy.

In my work with animals, I have had many cases involving PTSD. The person, or the veterinarian, usually notices that the animal's behavior is uncharacteristic, but doesn't know the cause. As a communicator, I can speak directly with the animal to discover what happened and find out what he or she needs to eliminate the symptomatic behavior. Here are a few examples from my own case files to illustrate what can happen. (Please note that names have been changed to keep confidentiality.)

•

Jasper

Jasper is a basset hound whose family cares deeply for him. While the family was out one day, something happened that left him traumatized and unable to be calmed for hours. Afterwards, any loud noise caused Jasper to have panic attacks. He also developed separation anxiety and couldn't be left alone. Through animal communication, the family learned that the smoke alarm had been triggered and stayed on. Jasper's entire nervous system was on alert. The family addressed the panic attacks first, combining medication, acupuncture, and homeopathy. Over a period of four months, Jasper was able to calm enough to sleep through thunderstorms. Separation anxiety had to be approached differently. The family couldn't leave home for months. When Jasper communicated that he was okay being left with a pet sitter, they slowly decreased the amount of time he had a companion until he had the confidence to be left for up to four hours. This remains an ongoing issue nearly a year after the initial event.

Jake

Kind attention reconnects the animal to you and to the world around him.

•

Another case involved Jake, a two-year-old quarter horse who exhibited unexpected behaviors upon returning home from a training facility. Kevin, Jake's owner, explained, "My horse was out of my care for several months. When he got home, he was physically unhealthy and body sore. My vet thought he had been injured and suggested a plan, but I wanted to explore holistic options." When Kevin called me, we discovered from the horse that the trainer had overworked him harshly. Jake showed how, when the rider pulled hard on the bit, he followed it to avoid pain and reared into a backwards somersault, landing on his back. The rider was uninjured, but Jake was traumatized and physically hurt. He showed me where the pain occurred when he was being ridden, particularly in his back and hindquarters, and also the behavior he was using to avoid the pain. Kevin was able to confirm this behavior and also note that Jake's usual outgoing curiosity had changed to a quiet reluctance. Using Jake's information, Kevin developed a plan that included a holistic veterinarian, acupuncture, rest, flower essences, and shamanic animal healing. He spent time with Jake, just to reconnect. Because of his youth, Jake is healing quickly over months, not years, in response to Kevin's understanding of PTSD and his rapid response.

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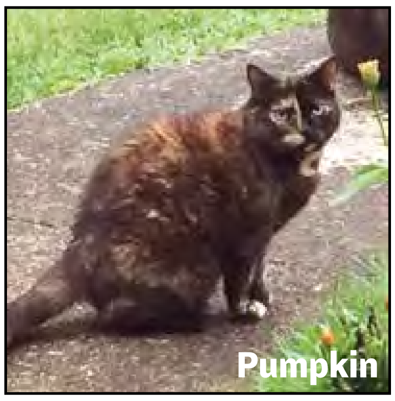

Pumpkin

When Katherine called me, she was distraught: "Help! Pumpkin, our cat, is upset by our basement renovation. This is her safe haven and litter box location. She sprayed the walls of the bedroom and even peed near my head while I slept! It's taking days to dismantle and clean everything properly." When I met with Pumpkin, I listened to her concerns and helped her locate another safe place in the house. Then, I communicated Katherine's distress to Pumpkin and helped the two of them agree on a strategy that worked for them both. A flower essence treatment helped to calm Pumpkin's nerves. "Since the communication, Pumpkin is calmer," Katherine reported. "The conversation helped me manage my feelings of frustration and anger. I understood her side of everything. We're not through the renovation, but Pumpkin is happy and I don't panic every time she is in my room."

Judy and K'i

If your pet exhibits symptoms that are not his normal behavior, are extreme and last a month or more, he probably needs treatment. What can you do? Here are options to help manage PTSD in your animal friend.

- Patience is essential with PTSD. It may take years to recover from the trauma's many layers. Anticipate and prepare for PTSD triggers. Don't take the symptoms personally.
- Enlist a veterinarian's help. Holistic veterinarians teem with resources, such as diet or herbal therapy, acupuncture, Reiki, Chinese Traditional Medicine, homeopathy, and animal communication, to help the healing process.
- A behavioral trainer can help you reduce triggers of PTSD with suggestions and strategies to help change behaviors and redirect the animal appropriately.
- Kind attention reconnects the animal to you and to the world around him. Walking the dog, hanging out with the horse without performance requirements, singing, talking, grooming. These are helpful in re-establishing trust and restoring confidence.
- Most animals respond well to flower essences and essential oils for trauma, short and long term. An effective essence for both of you is Rescue Remedy (Bach Flower Essences), and there are others that are formulated specifically for animal PTSD. Consult a practitioner or holistic veterinarian for a remedy particularly suited to your animal friend and his experience.

###

Judy Liu Ramsey is an animal communicator in Ann Arbor, who facilitates telepathic conversations between animals and their people. She worked as a social work counselor for 25 years, working with trauma recovery, which she also addresses with her massage practice. She was trained in PTSD and trauma response for animals by Teresa Wagner, animal communicator and pet loss grief support specialist. Judy can be contacted at ramsey.judy003@yahoo.com or through her website, www.hearttoheartanimalcommunication.net. 734-665-3202.

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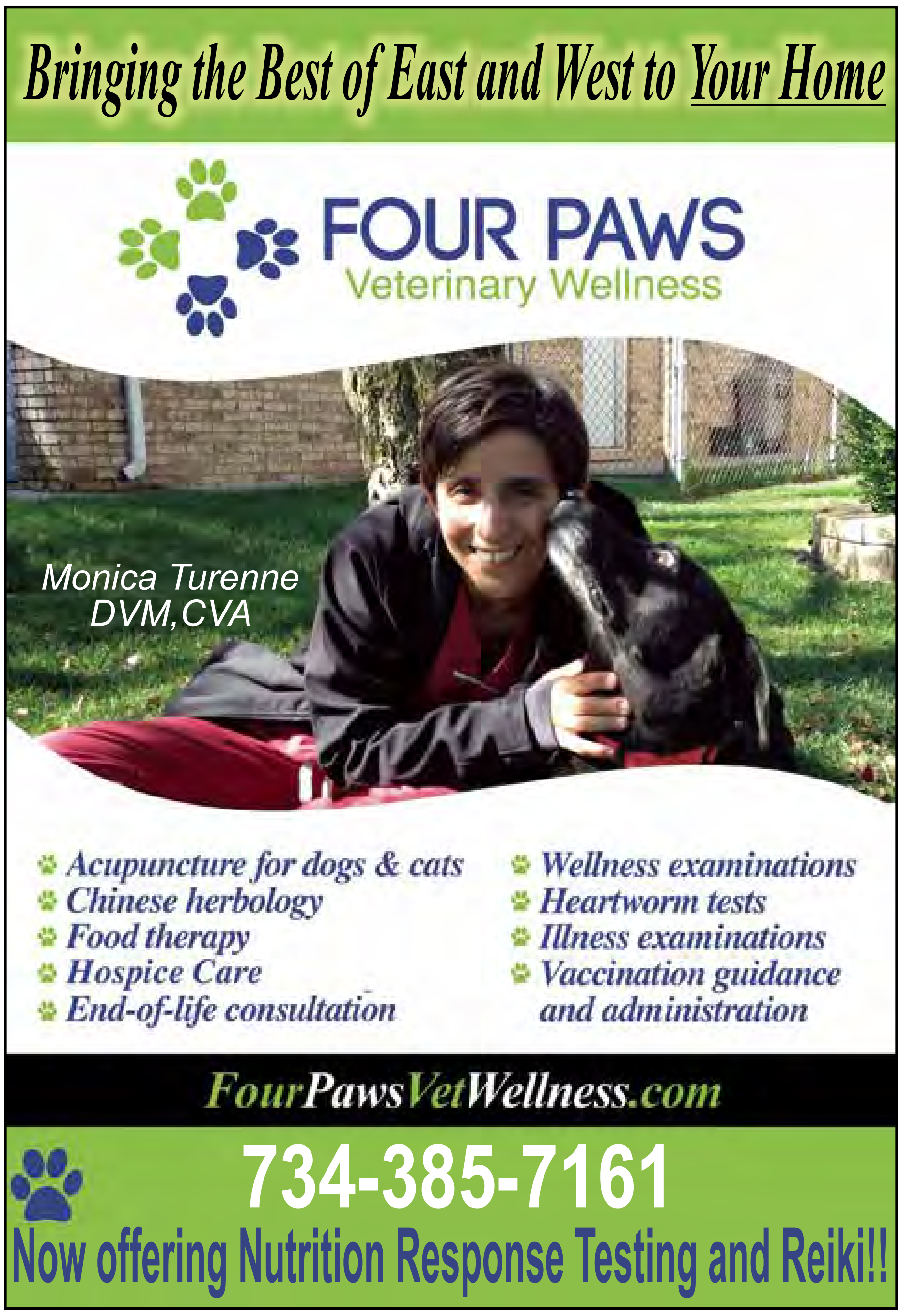
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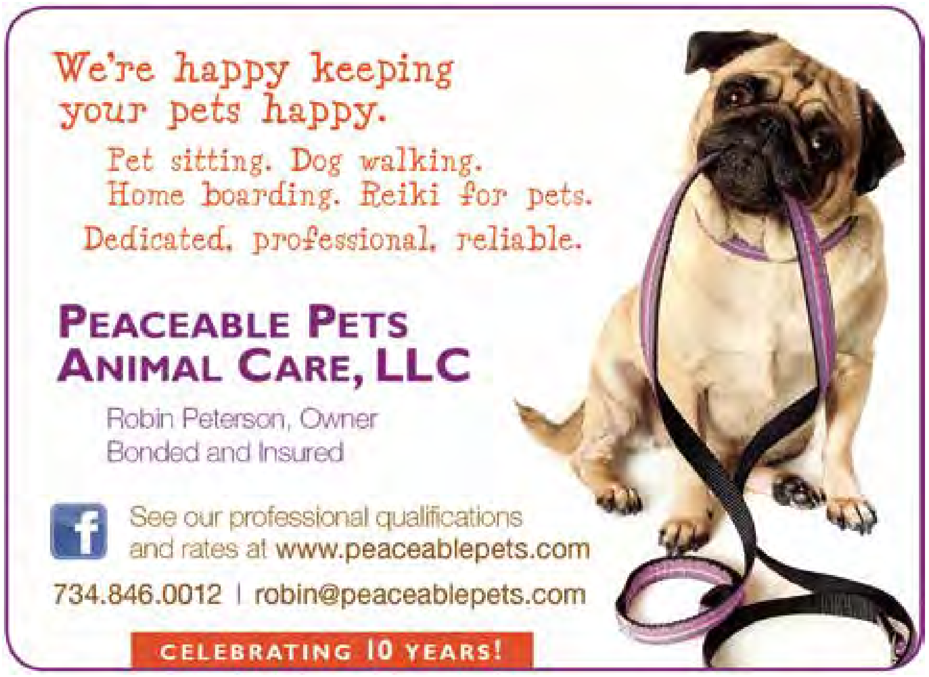
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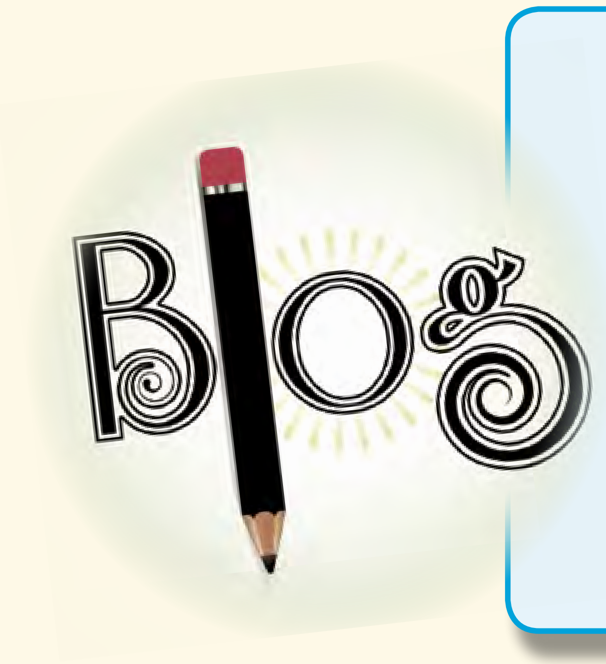
A unique mix of content, from local voices — writers, holistic practitioners, workshop leaders, artists and others — **and a variety of topics to explore:** spirituality, health and nutrition, astrology, meditation, tarot, psychology, art therapy, and more.



New posts starting May 15,
related to stories in this issue.

Guest bloggers include:

- Diane Babalas
- Michael Peters
- Austin Szelkowski
- Heidi Sproull
- Lynda Gronlund
- Will Swartz
- and more!

The Crazy Wisdom Kids Section

Book & Media Reviews – Great Kids Books & CDs available at Crazy Wisdom in our Children's Section

Crazy Wisdom Kids

By Sarah Newland, Waldorf parent of two children, ages 10 and 17

Wolfie the Bunny
By Ame Dyckman and Zachariah Ohora
Bunny Dot gets a new little brother – a baby wolf left on their doorstep. Mama and papa adore Wolfie. But when Wolfie wolfs down all the food, Dot just knows the bunny family is next. Could she be right? This is a hilarious and sweet tale of sibling rivalry, bravery, unconditional love, and veggies!
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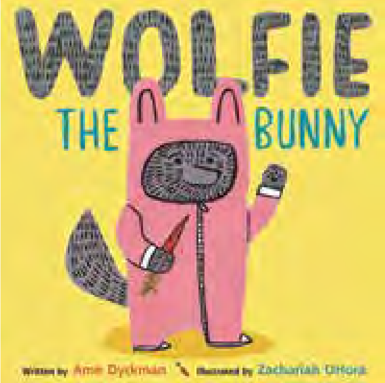
WOLFIE THE BUNNY
Written by Ame Dyckman
Illustrated by Zachariah OHora

Mitt, the Michigan Mouse
By Kathy-jo Wargin and Karen Holman
Meet Mitt – a delightful white-footed mouse from the deep woods of northern Michigan. He lives happily in the only home he has ever known, a thick red mitten, until a boy and his dog snatch Mitt's cozy home. Mitt embarks on a journey across the state to retrieve his warm and cozy mitten, seeing many sights and having many adventures along the way. The first in a series.
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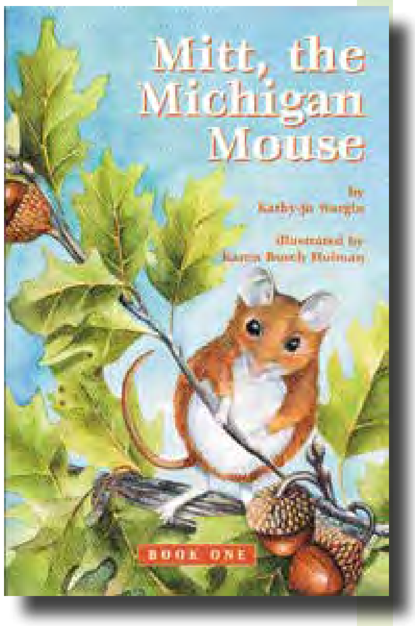
Mitt, the Michigan Mouse
by Kathy-jo Wargin
illustrated by Karen Busch Holman
BOOK ONE

Stina
By Lani Yamamoto
This is a book about a girl afraid of the cold – and all of her wonderful inventions to keep herself warm. They work for a time, until two other children show up and Stina realizes what she's been missing inside all by herself.
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Beni's Family Treasury: Stories for the Jewish Holidays
By Jane Breskin Zalben
In this beautifully illustrated treasury, five of Zalben's most beloved Beni stories are brought together to create a holiday collection to be enjoyed throughout the year. Beni's family all celebrate the Jewish holidays with warmth and humor, including New Year, Sukkah, Chanukah, Purim, and Passover.
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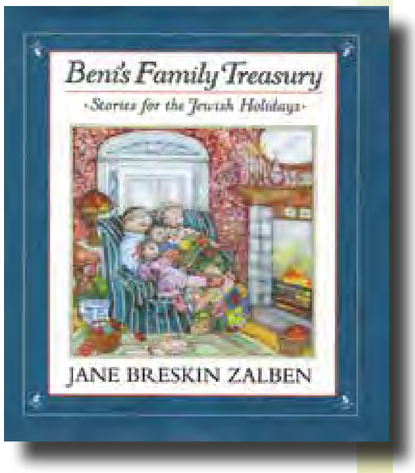
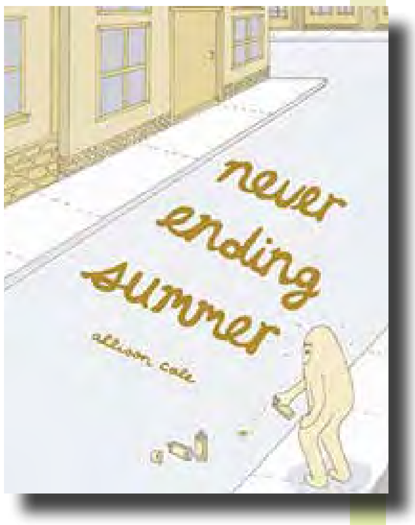
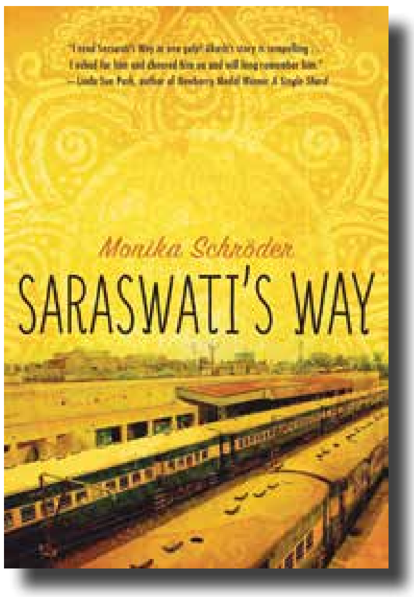

Beni's Family Treasury
Stories for the Jewish Holidays
JANE BRESKIN ZALBEN

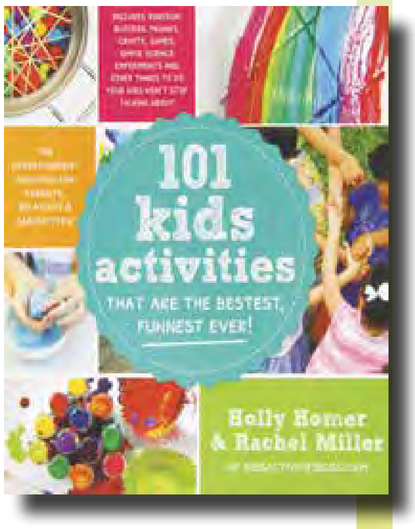
Never Ending Summer
By Allison Cole
This simply drawn graphic novel about a long, sometimes painful summer will intrigue your older teenaged children. Months go by as the characters grapple with relationships and independence, disappointment and challenge, surprise and growth.
$11.95


never ending summer
allison cole

Saraswati's Way
By Monika Schroder
Twelve-year-old Akash knows that there is nothing he can do to change his situation. It doesn't matter how easily he can find patterns of numbers in his head, or how badly he wants to know more than he will ever be able to learn from the village math teacher. If the gods wanted a poor Indian boy to get a scholarship to go to the city school, it would happen. That's what Akash has always been told. So he prays to the one god he thinks might be on his side – Saraswati, goddess of wisdom and knowledge.
$8.99


Monika Schröder
SARASWATI'S WAY

101 Kids Activities That Are the Bestest and Funnest Ever!
By Holly Homer and Rachel Miller
Never again will you hear "I'm bored!" from your kids. Whether your child is 3, 5 or 12, there are hundreds of fun, educational, and engaging things to do in this book that make use of easy-to-find materials. These are time-tested, exciting activities to keep your children laughing and learning for the whole day, every day. The authors are the women behind the wildly popular site kidsactivitiesblog.com.
$19.99


101 kids activities
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Holly Homer & Rachel Miller

You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code below.

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"You can find magic wherever you look. Sit back and relax. All you need is a book!"
- Dr. Seuss

LESLIE SCIENCE & NATURE CENTER ADVENTURES AND EDUCATION IN A PARK IN THE CITY

By Lisa Gribowski-Smith

My kid is a dynamo at Minecraft. She can virtually engineer her way around fire and lava through complicated structures at rapid speed with pals twice her age. For fun she reads Minecraft manuals and watches advanced tutorials on YouTube. Learning how to master operations and obstacles built into the game gives her energy, increases happiness, and grounds her. Minecraft is bonding with her pals at school and a planned highlight on play dates.

Still, at the end of a rigorous school day, Elizabeth is the first kid to hit the playground running and the last one to leave. She unwinds under the sky skipping, jumping, and playing games with balls.

Elizabeth is a cerebral kid. There's just no changing that. It's how she arrived. At age eight, she is strong in math, skillful at chess, and reads complicated riddles for fun. Wordy, dense novels and sophisticated computer tasks are fun, creative outlets for her that inspire connection, confidence, and relaxation. Still, at the end of a rigorous school day, Elizabeth is the first kid to hit the playground running and the last one to leave. She unwinds under the sky skipping, jumping, and playing games with balls. Outside in nature and through frolic and play, Elizabeth quickly comes back to herself.

My husband, Jeff, and I are no slouches about the literature on kids, electronics, and screentime. We know the debate and pay attention to the concerns. The balance we strike for our girl and our family works. There is abundant energy, happiness, harmony, and peace. Our girl is fully herself. Math scores keep going up, as does the fascination with critters, bugs, and spiders. This, for us, is the litmus test. Elizabeth's relationship with the natural world remains solid and captivating. Our girl depends on the outdoors to lift her out of her head and ground her back into her body. Nature facilitates a mind-body connection that extends outside, from within herself. She simply lightens up, lets go, and loves more easily again with all her senses.

Nature facilitates a mind-body connection that extends outside, from within herself. She simply lightens up, lets go, and loves more easily again with all her senses.

In spite of the charmed balance we see in our girl, Jeff and I protect Elizabeth's connection to nature with eagle eye attention. We prioritize experiences outside with insects, critters, and clouds and are continually seeking fun, new opportunities for her to discover the natural world in a style that suits her best. We understand that invariably the best way for us to bring our focus back to each other, our girl, and what matters to us as a family involves unplugging and recovering from the demands of daily living. One of the ways we do this best is by dropping everything and dashing to Leslie Science & Nature Center (LSNC) for earth-sky refreshment.

> "We learn so much about nature through the senses of each other, since we each bring a different history and experience to every context. What I see or smell or want to learn more about is influenced by what you notice."
> –Public Programs Director Etta Heisler

Located next to the Leslie Park Golf Course on Traver Road in Ann Arbor, LSNC is an expansive park situated near downtown Ann Arbor. Visitors can come during daily staffed hours or whenever suits busy schedules between sunrise and sunset. Park admission is free. During business hours staff are available to point out gardens, trails, or what's alive at the pond during any season. When the park is closed visitors can self-guide and explore on their own, much like they would at any city park. "When you come here on your own, it's amazing!" beamed Etta Heisler, Camp and Public Programs Director.

> You get to go at your own pace using our new Apple app, visitor trail guides, or Google maps. You can hike along the trails with intention, learning names of species along the trails, or with leisure to simply see, smell, or hear whatever nature brings your way; a Cooper's Hawk, a woody bear caterpillar, the screech of an owl at dusk, or a snake slithering across the trail. I always thought I was scared of snakes until I held one. So amazing! So unlike anything I had ever touched before!

Self-guided exploration at our own pace was precisely the experience we were up for when we first discovered LSNC two summers ago. One Saturday afternoon, after an especially hectic week that included travel for work, nosebleeds, math camp, and late nights catching up on chores, we virtually landed in an online sanctuary promising to refresh and reboot our stressed out senses. Visually stunning and easy to navigate, Leslie's website offers picturesque tours of happy trails traversed by families, children, and smiling staff. Photos of nature walks led by LSNC educators and camp educators show off cool, sustainable buildings, breathtaking butterflies, and birds of prey brought back to life from injury or illness.

If that's not enough, stunning images of radiant green foliage throughout the website inspire further online investigation. You can uncover fifty acres of land with trails, a vernal pond (called Black Pond), permanent rapture enclosures for adopted birds of prey hurt in the wild, and a year-round critter house with insects, animals, and amphibians. There is also an impressive Natural Energy House built by DTE showcasing solar energy, recycled materials, and sustainable water conservation technologies. The staggering sum of all these bits described online is a happening park destination for self-guided exploration with or without a picnic, guidebook, and binoculars.

In 1986, Dr. and Mrs. Leslie left their land to the city of Ann Arbor to be a park for children. In 2007, it became a separate 501(c)3 nonprofit. 2016 marks its thirtieth year of running programs for kids and families, both on the grounds and remotely at schools and organizations. "The Center is a place of re-connecting with nature," explained Executive Director Susan Westhoff. "It's peaceful, surprising, and inspiring… providing opportunities to learn something new about nature and our relationship with it every single day. Once you learn about an organism's role within the greater scheme of life, it becomes significant. You can no longer wish there were no more mosquitos, because without them, we would be lost," she said.

Westhoff is sympathetic to the daily challenge of guiding a child's eyes up and away from the pull of electronics and social media to the vibrant wonder of life all around. As a mother of two young children, she consciously strives to maintain Dr. and Mrs. Leslie's original intention of connection, community, and fun through outdoor educational recreation for children. Camps and programs are designed and creatively implemented with the "bigger picture" in mind, inspiring participants to think about all living things and the value each living thing holds.

"Every year we serve over 60,000 people both on and offsite. Programs evolve around the interests of our community and our staff, so every year holds unique, new programs both for us and the audience," explained Westhoff. "LSNC hires diverse staff who are enthusiastic not just about the outdoors but also passing on the joy of having a personal experience in nature to both young and old."

Music, biology, ecology, education, park management, and environmental policy are just a few of the degrees LSNC educators hold. The common ground that glues staff together, however, is the unwavering conviction that within every person is a savvy naturalist that knows how to connect with nature from precisely the standpoint that suits him or her best.

2016 marks its thirtieth year of running programs for kids and families, both on the grounds and remotely at schools and organizations.

For many elementary kids, a guided trail walk on a school field trip is their first ever walk in nature. Often the walk begins with identifying a host of phobias, fears, and even terrors created by creepy media misrepresentations of nature gone stark-raving mad, on a mission to attack and destroy humanity. Staffers told me that kids often bring up gushes of blood, horrible suffering, and extreme panic as ideas about nature. The popular media script also includes incompetent trail guides and camp counselors who get lost, killed, or eaten. Kids are always abandoned by adults, preyed upon by nature for sport.

LSNC Educator Cathy Dyer guides urban kids back to the facts about nature with constant reassurance and inquiry.

> I tell kids I know what I'm doing, that I've walked these trails many times before with other groups just like themselves. I describe the cool stuff they can expect to see and smell and feel. I explain how it's ok to be afraid and then shift the focus to looking at the facts in front of us, whatever they might be. For example, if it's a rabbit, we see how it's soft and cute, not scary with fangs for biting. Together we practice curiosity by saying "hey, that's interesting!" instead of "ew!" or "yuk!" — and answer questions about what we see together.

Embracing curiosity instead of fear helps kids discover self-confidence and assurance that they can overcome fears with facts. "This strategy helped me personally," added Dyer. "I was that kid who wouldn't touch images of bugs in a picture book. Now I hold them, feed them, and show them to others." By engaging with the world around them (all starting on a nature walk!), kids gain a sense of pride in themselves. This translates into resilience for whatever difficult feelings or circumstances come up for them everyday in both urban and natural settings. Scary turns to sweet, crazy turns to calm, and monsters become myths. Kids remember what they accomplished. Their learning becomes salient. "Hey, I did that difficult walk! I can do this difficult thing too!"

Dyer's fun, practical approach to making friends with nature is an effective teaching technique to help children tap into the "naturalist" within. When classmates trek a trail together, they become budding naturalists on assignment and nature becomes a science lab to investigate. LSNC Educator Alex Burgon-Tower described the term naturalist as:

> A person who takes a scientific view of nature and has an extreme curiosity of all things natural and will collect, observe, hypothesize, and test until nearly a complete understanding is acquired. Naturalists are scientists driven toward, inspired by, and dedicated to the natural world. At LSNC we certainly appreciate naturalists and will encourage budding scientists, but it is not our mission to turn everyone who visits into a naturalist. What we do is inspire and foster the desire to discover or re-discover the natural world.

LESLIE SCIENCE & NATURE CENTER BY THE NUMBERS

A Broad-reaching Program
40,151 kids and 23,861 adults visited LSNC
338 school visits reached 23,293 kids and 9,213 adults
827 kids attended summer camps
338 kids attended camps during school breaks
92 birthday parties were celebrated onsite

A Beautiful Location
16 acres of Leslie Science Center city park
34 acres of Black Pond Woods

A City Community Partnership
1986: Leslie Science Center founded by the City of Ann Arbor and the community
2007: Leslie Science & Nature Center became a separate nonprofit
$730,000: annual budget

Who Makes It Happen?
5 full-time staff
8 part-time staff, plus many more during summer camps
19 recurring volunteers
8 interns, 26 high school summer camp volunteers
100s of one-time volunteers for events and workdays
6,692 hours volunteered last year

Whooo else?
2 owl ambassadors traveled to education programs in the community
286 programs featured the male Barred Owl
208 programs featured the male American Kestrel

Facts based on 2015. For more fun facts, visit lesliesnc.org.

Leslie's inclusive understanding of "naturalist" was exactly the transformative power Camp and Public Programs Director Etta Heisler needed to discover her "knack" for the environment. After her freshman year at college, at the encouragement of her mom, Heisler took on what she described as her ultimate challenge. An "indoor kid" with a background in the arts, she became a summer camp counselor who was required to use science as a means to explore nature. While she had attended summer camps since she was a kid, and had worked as a summer camp counselor, guiding kiddies to connect with life outside using science was a stretch to say the least. To add further pull to stretch, Heisler came to LSNC with a perceived, closet handicap. She perceived herself as being mediocre at science. In eighth grade, Heisler was discouraged from enrolling in advanced science for high school to maintain a strong grade point average. "I was afraid I wouldn't get good grades to get into college and I *really* wanted to go to college," she said.

At LSNC however, with the supportive context of enthusiastic staff and curious children from all walks of life, Heisler re-discovered her self-confidence. Her natural "knack" for the environment turned to passion fueling her professional mission:

> I create fun programs to facilitate connection to nature, animals, and each other. We learn so much about nature through the senses of each other, since we each bring a different history and experience to every context. What I see or smell or want to learn more about is influenced by what you notice. Our individual experience becomes a shared experience and we feel connected, something we all desire.

Connection is second nature to Heisler. One of six children, and auntie to nine nephews and nieces, lifelong relationships are the means by which Heisler experiences "the bigger picture" and guides others to do the same. Close encounters with the natural world help people of any age develop empathy and context beyond themselves. The scope of living gets bigger and the fact that we have an impact can't easily be forgotten. Heisler added, "When classes, camp groups, and families share the experience of discovery together, they not only gain appreciation and respect for the natural world but they also learn new things about one another. These discoveries strengthen their relationships with each other."

Visually stunning and easy to navigate, Leslie's website offers picturesque tours of happy trails traversed by families, children, and smiling staff.

To learn more about the park in the city, scholarship programs, or how LSNC brings nature to urban schools and organizations, visit: www.lesliesnc.org.

30th
Leslie
SCIENCE & NATURE
Center
1831 Traver Road
Ann Arbor, Michigan

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

By Cathy Gorga

GameStart School

On a Tuesday evening, the GameStart School, located in the Plymouth Mall on Ann Arbor's northside, was bustling. Students stared intently at their computer screens, testing out the video games they themselves have created. One teacher, wildly enthusiastic, bounced back and forth between a girl and a boy who were trying to complete their game level. She managed to support them technically and emotionally at the same time, stepping in to offer quick coding advice, troubleshooting, encouraging them ("Sure! You wanna try a new thing? That's cool!"), and then cheering with them as they reached their goal. The kids leaned back in their chairs, clearly satisfied with their progress.

GameStart offers an impressive range of digital media: 3-D printing, advanced digital art, video editing, web design, coding, audio production, radio production, and virtual reality classes, where kids make their own VR worlds.

Ironically, it was a computer programming class in high school that almost stopped Nate Aschenbach, the co-owner, technical director, and Invent-O-Nater at GameStart School, from becoming a programmer himself. Although the Ann Arbor native grew up loving video games and aspiring to make them himself, he walked away from his bad class experience believing that he was not cut out to be a programmer. Instead, he learned animation and digital artwork at the University of Wisconsin-Madison "thinking I could make characters for the games." His childhood friend David Arditti was on a similarly circuitous path, also disillusioned by programming classes in high school. Arditti, now GameStart's co-owner, education director, and MindCrafter, pursued a degree in education and then taught at Title I schools in Texas. Though Arditti loved teaching and connecting with kids, he was growing increasingly frustrated by his perceived lack of impact within the school system structure.

Students stared intently at their computer screens, testing out the video games they themselves have created.

Meanwhile, Aschenbach had joined a club in Madison, where he was providing artwork for video game programmers. They ended up teaching him how to program. He recalls being pleasantly surprised to discover, "Wait, maybe this is something I really enjoy after all!" He and Arditti began formulating an exhilarating idea together: What if they taught kids how to program using video games?

Arditti eventually moved back to Ann Arbor and joined Aschenbach working at Menlo Innovations, a custom-software design firm on Liberty Street downtown. Aschenbach said Menlo "kind of incubated" the two as they taught programming at after-school programs and started building curriculum ideas. They came up with "several different curriculums, some of them more focused on the technical, some of them more focused on the art," but the bottom line remained stable. "What we were trying to do was basically fix what went wrong for us" in high school, where they tried to learn programming in a technological and social vacuum. Without the concepts being connected to their skills and passions, Aschenbach explained, most people are far less likely to gain competence in programming, let alone excitement and mastery.

Hence, GameStart School. Through word-of-mouth, the pair's weekend video game programming classes, hosted at Menlo Innovations, doubled and tripled in student numbers until they grew to the size where they could hire some full-time employees and move to an independent facility. Currently offering a variety of classes, workshops, birthday parties, and summer/school break camps to children from first grade through high school, Aschenbach said that their "goal is to connect the kids with what they're already excited about, with whatever technology empowers them to do that thing. Whatever it takes to create [that excitement and passion] is fine, because then once they're in that zone, they're going to learn it all on their own."

This philosophy is proving majorly effective with GameStart students. Parents are excited about the programming school, too, perhaps spurred on by hopes that their child will be the next Mark Zuckerberg, or perhaps just hoping to expand on their children's passion for games like Minecraft. Concurrently, programming is taking on a new cultural and educational significance. President Obama recently proclaimed, via his "Computer Science for All Initiative," that all kids should learn how to code. Aschenbach obviously agrees that digital literacy is imperative, but also recognizes that humanity is still in the nascent stages of discovering the power and reach of technology. He warns against narrowing programming to simply the coding aspect — for example, trying to accomplish President Obama's goal via a solitary programming class here or there. Aschenbach explained:

> Learning to program or not learning to program is, like, whatever. It'd be cool. But what you really don't want to ignore is the fact that so much of reality and the ways that communities connect, and the methods of empowerment that small local communities have, is really going to be defined by digital tools. That doesn't mean that everybody has to be a hotshot programmer, and that doesn't mean that everybody has to have an iPhone in their pocket.

Rather, giving kids a broader sense of digital literacy helps place them in a position of leadership:

> There are so many important tools out there that are just being defined, and how exciting to be a part of helping to define them in the first place. But also, if you're not going to do that and you're not going to stay involved, you're really going to be at the whim of the people who have invested in figuring those things out. It's important for more than just gadgets. It's important for how human beings relate to one another.

That's exactly why GameStart classes are held in-person rather than online, despite many people assuming that online would be an appropriate venue to learn programming. At GameStart, kids work both individually and collaboratively, and they see firsthand the importance and power of working as a team.

Along those same lines, the GameStart group places a solid emphasis on creating various avenues for learning. As Aschenbach himself experienced, not all students will respond to a singular or uninspiring coding class. Likewise, children have a natural tendency to pigeonhole themselves and their strengths at an early age, a barrier to which Aschenbach is sensitive. At GameStart, instructors work hard with the students "to break down the idea that 'I'm an art kid' or 'I'm a math kid' or 'I'm a programmer kid.' You want everybody to be doing a little bit of everything." Again reinforcing the social aspects of programming, Aschenbach and the GameStart educators encourage students to explore their personal preferences, while maintaining that:

> What you're not allowed to do is say, 'I am something other than that, and therefore I'm not doing it.' You're allowed to say, 'This one's more interesting.' And if this one is more interesting, then it only makes sense for you to find somebody who's mostly interested in the other one. Because then what you create is going to be way cooler than it would've been otherwise.

That collaborative community, Aschenbach maintains, is a crucial aspect of what programming is and should be all about.

Without the concepts being connected to their skills and passions, Aschenbach explained, most people are far less likely to gain competence in programming, let alone excitement and mastery.

GameStart's curriculums are developed with a keen knowledge that, in the tech world, everything changes at lightning speed. Some of their students' parents have asked on occasion if GameStart is teaching all the "right" programs. Aschenbach, however, is deliberate in his approach:

> Half of our teaching staff comes from a professional software development background, and the other half are educators. We build and re-build our curriculum constantly…. Because we've spent so much time in the actual industry, that puts us in a spot where we can pick out the things that we're confident aren't going to change quite as much as the other things.

In Aschenbach's view, this is exactly why GameStart needs to prioritize the social aspects of programming. As he said, "It's not going to change in the next five years that in order to get something done, you have to talk to somebody about it, and you have to plan together." There are certain static aspects of programming that GameStart can teach to help students be flexible and readily adapt in a fast-paced world of technology. The team, after all, is tasked with a similar mission when it comes to curriculum planning. Aschenbach said they try to make all their lesson plans "as flexible as possible" to be integrated into whatever the latest tech fads are. "Logistically, if we're going to keep hosting classes that kids want to come to, then we need to keep up to date with their games."

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And the kids do want to come to the classes. So much so, in fact, that the GameStart team has greatly expanded their offerings to include an impressive range of digital media: 3-D printing, advanced digital art, video editing, web design, coding, audio production, radio production, and virtual reality classes, where kids make their own VR worlds. Aschenbach said their Minecraft classes are by far the most popular and therefore have spawned GameStart's most well-rounded and polished curriculum, hitting multiple domains such as animation, drawing, and coding. GameStart hosts camps, classes, parties, school field trips, and even a weekly homeschool group with rotating topics, where the kids can take materials home to keep working on the things they find interesting.

Though that sounds like plenty to keep a small organization busy, community outreach comprises a significant portion of GameStart's time as well. They have collaborated with the Gamers Society to raise funds to go to the Children's Center in Detroit; with EMU Bright Futures to bring digital literacy content to after-school programs in Washtenaw County; and with Mott Children's Hospital's Child Life program, bringing new technologies into the hospital for pediatric patients to use for recreational and therapeutic purposes alike. Through the Youth Arts Alliance!, GameStart teaches weekly workshops at juvenile detention centers — no small feat, considering they need to haul computers and boxes of cables and cords and equipment into facilities where even pencils are forbidden. They pursued grant opportunities to purchase equipment and develop a curriculum for specific use by juvenile detention centers, which they hope will eventually be picked up by detention centers around the country.

As evidenced by their work with at-risk youth and children in hospital settings, an ongoing goal for GameStart is to continue to reach out to various pockets of the community that need greater access. Acknowledging the gender disparities apparent in STEAM programs, GameStart hosts a regular, free program called Inspire Her once a month. Community experts help them run the program, including female computer science professors, female engineers, female start-up entrepreneurs, and local female engineers from Google. Aschenbach said about 25 percent of GameStart students are girls, which is good "for where our [science and technology] culture is at." GameStart is working on addressing the attrition rate of their female students, who are historically less likely to participate in the computer sciences as they get older.

"There are so many important tools out there that are just being defined, and how exciting to be a part of helping to define them in the first place."
–Nate Aschenbach

All this talk about increasing access to technology, however, might rub some folks the wrong way if they are concerned about limiting the amount of screen time their children get. Aschenbach's take on the matter is both pragmatic and liberating for parents. Rather than addressing the issue by instituting strict limits on amounts of screen time, he said it's more important to cultivate educated consumers of media. Equally as important is watching for uncontrolled content, such as adverts and links, coming through the devices kids are using. He compared it to sending kids outside to play, an activity that has genuine, measurable benefits, but that still needs to be monitored to ensure that it is "creative and constructive…an empowering experience, rather than subjugating." In today's world — and tomorrow's world — kids who are digitally adept will have more access and options.

Aschenbach ultimately embodies the philosophies around which GameStart was built: model adaptability for children. Follow your passions, mold your world around those passions, and seek to make a difference via your passions. He wants his students to have ample experience with failure, and with bouncing back from failure, all with the help of their "social network," so to speak — their friends and community. He wants kids to walk away from their GameStart experience knowing "that programming is not something that's for somebody who looks or is aged differently than you. Programming is a useful vehicle to do things, and to do things you may not have expected you'd be able to do. Furthermore, programming is not something that you do by yourself. Programming is and should be very social." The tools he and his team provide for kids allow them to take ownership, initiative, and agency. For example, "If something's not on the app store for me, you don't shrug and say, 'Oh, well. I guess that's not a thing.' You say, 'Oh! Here's an opportunity for *me* to do a thing." We could all stand to adopt a mantra like that.

GameStart School is located at 2765 Plymouth Road in northeast Ann Arbor. To register for upcoming classes, workshops, and camps, and to see a list of course topics, visit gamestartschool.org. For more information, visit their website, email info@gamestartschool.org, *or call* (734) 926-9213.

Feature Continued on page 86

Crazy Wisdom Kids in the Community

Continued from page 85

make
ART STUDIO
WHERE CREATIVITY RAINS

Two years ago, a dream came to life in a second-floor rented flat on Main Street. Up a flight of stairs and through a thick wooden door, you'll find two intimate, light filled rooms with creativity (and paint) dripping from every surface: walls, shelves, windows, tables, even the carpet. With clay remnants scattered about and twinkle lights draped across the ceiling, the Make Art Studio is everything you wanted your school-age art classes to be.

What better place for kids to come and create? Khadijah Kolleck, founder and owner of the studio, has been, and is, a great many things. Formerly the market manager of Ann Arbor's Sunday Artisan Market and an artists' representative, she currently does part-time graphic design work and private art mentoring. She also used to homeschool her five children, although they have transitioned to traditional schools, allowing Kolleck to devote her time to her studio. The common thread woven throughout each iteration of her passionate self, though, is artistry. Kolleck is an artist and creator, and her vision of facilitating others in their process of *making* is coming to life each and every day at Make.

"I just want kids to be using their hands more, and making things with their hands," she said. And through Make's wide array of camps, classes, and party options, taught primarily by Kolleck and with the assistance of a few fellow "makers," the making is most definitely happening.

Kolleck is an artist and creator, and her vision of facilitating others in their process of making is coming to life each and every day at Make.

MAKE… Art

Despite being an active member of the DIY/crafting/Maker movement, Kolleck found herself frustrated by her own tendency not to follow through on her creative ideas. An Ann Arbor native, she founded the Make Art Studio with the intention of hosting "chic adult craft nights," and to spend her days providing local kids with another outlet for creating outside of their hurried art classes in school. Kolleck hears from all of her students, who range in age from kindergarten through early high school, that "art is too short." She is sympathetic towards art teachers in the school system, who have strict curriculum standards and administrators to answer to, and who are left with little flexibility to let kids take their time and explore materials at their own pace. With that in mind, her goal is "to buffer that and provide another outlet for kids. That's why my classes are at least two and a half to three hours long. I don't like to rush this at all."

As an instructor at her studio, Kolleck emphasizes the importance of allowing children to flex their creative muscles, expand their imaginations, and connect deeply with the sensory aspects of art. She noted, "Creative thinking and imagination and art all go hand in hand with success later on in life… in any kind of job." With her educational background in graphic design and child development, Kolleck sees herself in a unique position to guide her students as they discover the creative process.

Generally, the projects the children do are purposefully designed to have as many layers and stages as possible; when kids invest that much time and effort into their work, Kolleck said, "You get this quality art project that just means so much more to them."

She weaves mindfulness activities into the making process, heightening the students' awareness of their processes and goals.

MAKE… It Your Own

What that creative process looks like can be different from child to child, which is why Kolleck works hard to offer multi-layered projects and to have a wide variety of materials on hand. Although she plans her classes ahead of time and will often make a project prototype "just to show one possibility," she encourages students to take each project in their own directions, whether independently or collaboratively. As she said, "We don't just think outside the box. We *make* the box." She aims to strike a balance between providing opportunities and letting children spin their provisions as they deem fit, each day "setting things up just enough so that kids drool at getting over there to touch the stuff and do things with it." She loves to see the ways her students will interpret and expand on project ideas, turning simple clay pieces into mini-cities and paintings into 3-D mobiles. One class created a bunch of beautiful fish, a one-time project that morphed into an ongoing public art installation on the fencing at Ann Arbor Open School.

A primary goal of Kolleck's is "getting kids to loosen up with art a little more… and being silly. There's silliness in art!" Encouraging silliness could easily turn into a classroom management nightmare. Kolleck, however, said that the studio is "never chaotic. [I] get kids to loosen up, but still be totally engrossed in their work. The younger kids [her four- to seven-year-old cluster], you never see them running around. I rarely ever say, 'Please sit down.' It's been amazing to watch three hours go by with just art and them and me."

The studio itself has grown in a similarly organic fashion, with themed summer camps and play date gatherings popping up at her customers' request. Advertising has been "very word-of-mouth" so far, with many of her students returning again and again. The students' parents, Kolleck reported, tell her that their kids "can't wait to get back in the studio." This summer, interested families can choose from a variety of camp offerings. "Morning Maker Camps" will run daily from 9:30-12:30, and children will spend their summer mornings "making" all sorts of crafts and projects. For these morning camp sessions, Kolleck has outlined weekly themes such as Miniature Worlds/Dioramas, Minecraft/Geometry, Room Decor & Interior Design, Paper Arts, and Mythical Creatures. Afternoon camp sessions (12:30-3:30) are also available, but with a different twist. Ann Arbor Rec & Ed dance teacher and Pioneer High alum Maurice Archer will teach "Afternoon Breakdancing Camp" right in the studio, with dancing excursions at nearby parks and outdoor spaces. The breakdancers will focus on teamwork and self-expression. Before- and after-care are available for the summer camp programs, and for advanced students, Kolleck offers the option of creating a personally tailored, more independent camp experience.

MAKE… Time

A three-hour art session may seem long, but Kolleck's objective is to "take lots of time to talk through ideas and slow the process down." She realized that, in school, children weren't properly learning basic skills like cutting, folding, and gluing. As a result, she found them struggling to execute their ideas. That's why, in her classes, students will spend a lot of time doodling, as well as working with "lots of clay and origami, to slow them down and help them be precise." Likewise, she finds that kids' first instinct is to rush through an exercise haphazardly. She views her role as one of slowing them down and pushing for quality. "I'm a designer, and I do approach them in kind of an adult way where I'm just like, 'This has not reached its potential.' Then when they actually deliver, they're like, "Yes!" Generally, the projects the children do are purposefully designed to have as many layers and stages as possible; when kids invest that much time and effort into their work, Kolleck said, "You get this quality art project that just means so much more to them." Their projects end up being about both the process and the product.

With her homeschooling and child development background, Kolleck is confident in her ability to assess group dynamics and adjust accordingly. As she said, "A good teacher knows how to work a room. I can work my room." She employs a number of Waldorf concepts in her classes, including contracting and expanding energy levels in accordance with what the students need in any given moment. "Sometimes we will have loud, cool music going on, and we're all using clay and kids are laughing. And then we'll kind of slow it down and put Spanish guitar on, and watercolor." In a two- or three-hour art class, this fluidity of energy doesn't need to be rushed or pushed.

MAKE… It Intentional

While Kolleck encourages her students to explore all layers of a project and take it in new directions, she also requires that the new directions be intentional, and that kids purposefully develop a vision to carry out. Vision development, in Kolleck's view, is "a skill to be honed. Return students know how to do that." She prioritizes cultivating relationships with her students, which allows her to help them develop their vision: "When you have a genuine connection with kids, you can ask them, 'Is this really your best work? Are you rushing?' I make them defend their artistic choices." That said, "[If a child has] a strong vision, then you see me back way off. And that's a skill that is in anything — that ambition to create something, whatever it is. By me sending them back, that toughens them up to have that skill." She weaves mindfulness activities into the making process, heightening the students' awareness of their processes and goals.

Kolleck's emphasis on intentional creativity is also reflected in her style of connecting with kids. She believes strongly in being genuine with children, building mutually respectful relationships, and offering specific praise. She prides herself on her ability to bond effortlessly with her students and said she uses that skill to leverage best efforts from the kids when they're in her studio. That way, too, they learn to trust that she means it when she says, "You can make anything if you just put your mind to it. We will find a way at Make." It is important to her that she help break down any barriers to making for her students. "If they can imagine it, I want to find a way to make it happen, no matter how big or small."

Put your heart into your Art

For these morning camp sessions, Kolleck has outlined weekly themes such as Miniature Worlds/Dioramas, Minecraft/Geometry, Room Decor & Interior Design, Paper Arts, and Mythical Creatures.

MAKE… Dreams Come True

And that, in essence, is Kolleck's purpose. She goes to the Make Art Studio every day in hopes that she can facilitate others' creativity, knowing that the studio has done the same for her. "I love Pinterest, because it's getting people to go back to making stuff. That's what really brought me to the studio, was *making it happen*. Because I kept looking at pictures going, 'I wanna do that,' but you don't do it. Make it happen!" Kolleck hopes to eventually incorporate more kids who don't have regular access to high-quality art programs, and she would love to host art groups for babies and new parents. Likewise, she is "open to working with other entrepreneurial moms with visions." As she said, "I hope… that I can continue to have more and more kids experience being able to make without pressure of time, resources, or materials. I want to reach everybody." She has made her own vision for Make Art Studio a reality, and she aims to make that happen for others as well:

> Sometimes I'll sit up here and the twinkle lights will be on, on Main Street, and I'll just look out the window and be like, 'I am living my dream.' That's an amazing feeling. And it came from digging way deep down and being like, 'I can do this. I can make this a reality.' You surprise yourself.

Make Art Studio announced that they will be moving soon to a new location in historic downtown Ypsilanti. The new space offers adjacent parking, gorgeous natural light, and plenty of room to grow! You'll be able to find the studio at 11 South Washington Street in Ypsilanti. For more information, including details on classes, birthday parties, and upcoming summer camp programs, visit www.makeitonmainstreet.com. To get in touch with owner Khadijah Kolleck, email her at makebykhadijah@gmail.com. You can also follow Make Art Studio on Facebook.

Feature Continued on page 88

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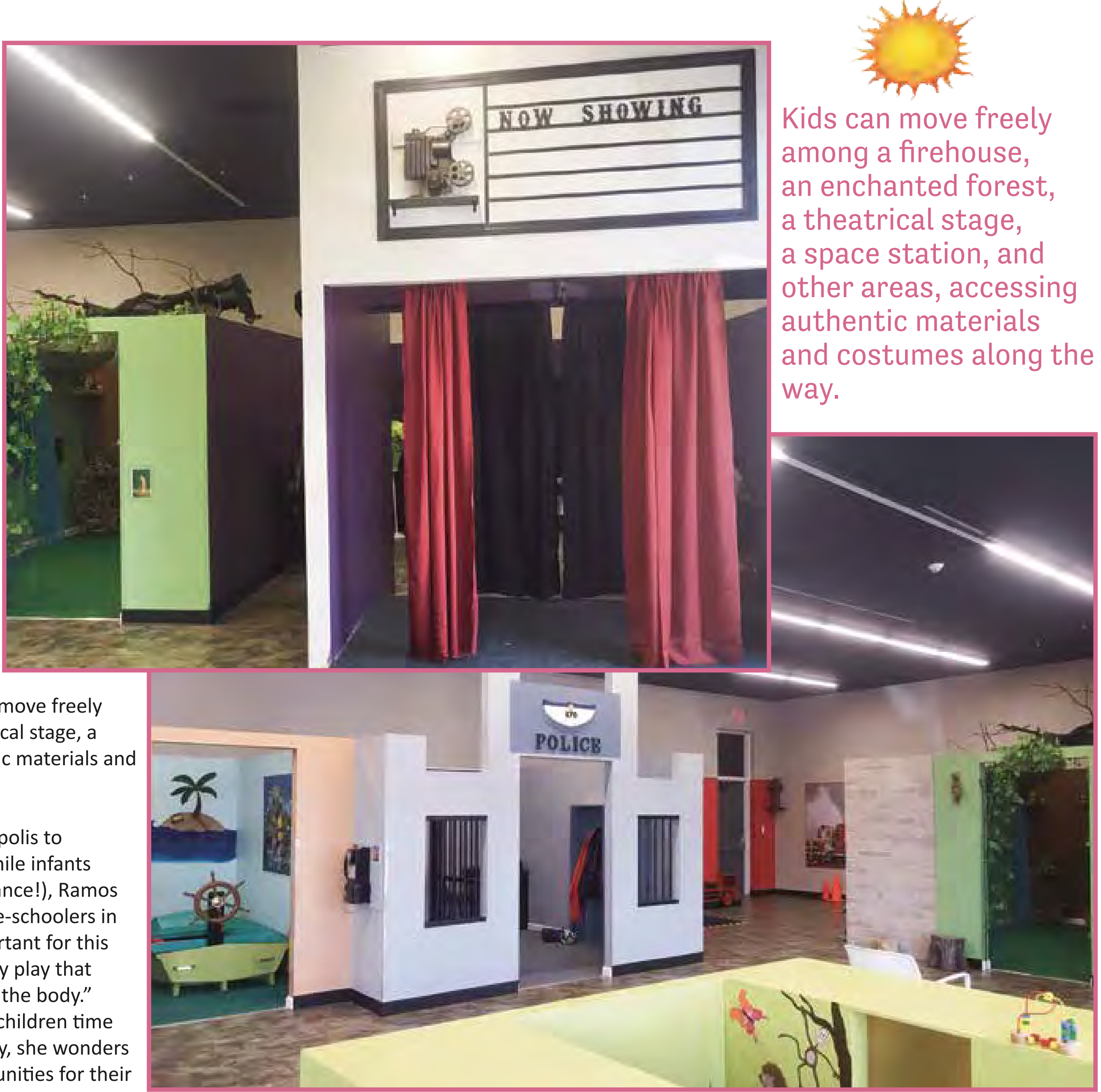
Crazy Wisdom Kids in the Community

Continued from page 87

Earlier this year, Kidopolis, the newest indoor play zone in Ann Arbor, opened to much anticipation. Even with a mild winter, many local parents and caregivers were ready for a fresh locale to add to their family outing arsenals. Formerly a woodworking supply warehouse, the interior of Kidopolis is now smartly divided into themed playrooms. Kids can move freely among a firehouse, an enchanted forest, a theatrical stage, a space station, and other areas, accessing authentic materials and costumes along the way.



Kids can move freely among a firehouse, an enchanted forest, a theatrical stage, a space station, and other areas, accessing authentic materials and costumes along the way.

Owner Jessica Ramos said that she designed Kidopolis to promote creativity, imagination, and free play. While infants and toddlers are welcome (and present in abundance!), Ramos emphasized that Kidopolis was created with grade-schoolers in mind as well. She said free play is especially important for this age group, noting that “in school systems, the only play that goes on is on the playground, and that’s more for the body.” While she recognizes the importance of allowing children time for physical play, particularly during the school day, she wonders whether they are provided with sufficient opportunities for their minds to wander freely. “There’s a lot to learn in play. Play helps bring [children] together and helps them to develop. It does make them smarter; it gives them more confidence.”

“When they play, even if they’re playing by themselves, their own spirit is free to just be.” –Kidopolis Owner Jessica Ramos

A mother of three — a high school graduate, a seven-year-old, and a three-year-old — Ramos said she has spent her fair share of time getting to know what kinds of play spaces exist, as well as what she feels may be missing from them. The idea for Kidopolis had been brewing for years before coming to fruition, a process Ramos chalked up largely to “destiny.” An entertainer by nature, she loved to throw big birthday parties during her eldest daughter’s formative years and always encouraged her to build forts and play dress-up. She did intermittent homeschooling and spent a good amount of time “homeschooling around town and watching [her daughter] play, watching kids play, and observing what kids naturally do.” Now that Ramos has two younger children in the mix as well, she said, “I’ve had a lot of experience being a parent and seeing the needs. I’m quick to pick up on people’s needs.” Between parenting and working with a variety of age groups as a yoga instructor, she found a niche in “going to [kids’] imaginary level” and felt strongly that running a play space would align perfectly with her background, personality, and passions.

Ramos labored intensely over the design of the space and rooms, changing the layout repeatedly along the way. Many of the eight themed areas were inspired by her own children, in particular the police and fire stations; her son loves public servicepeople, and exploring a fake jail cell and climbing child-sized fire trucks is right up his alley. She said her girls requested the enchanted outdoor room and the dress-up/stage areas. As for one of the most unique rooms — the “Space Place” — Ramos declared, “The space room is mine! I’m a really celestial person.” Kids can sit at Mission Control and use joysticks, keyboards, buttons, and speakers to guide their shuttles and explore the universe. In the separate “Crawlerville” area, younger babies have a safe space to ride rocking toys, play with developmentally appropriate toys, and crawl through a little tunnel maze. Ramos hopes to see additional intricate painted designs added to walls as time goes on, and she continues to collect a variety of gadgets and materials, such as vintage pay phones. “I’ve gathered this stuff for a couple years. From thrift stores, or the house, or whatever I could find. It just calls out to me.”

Ramos’s main goal at Kidopolis is to prioritize imaginative free play, which she sees as essential for fostering social and emotional intelligence. The themed playrooms at Kidopolis are kept intentionally spare rather than overflowing with commercial toys, and each provides a space for children to role play and get lost in their imaginations. “For me, my imagination is probably what brought me through my childhood. Some kids really need it. I think it’s really important for kids to have a healthy imagination,” she said. Likewise, children are encouraged to share their play and ideas via Kidopolis’s stage, which occupies a large corner of the main room. Ramos said:

> I think that’s important, for girls and boys to play different roles and feel that out. They have kitchen sets and baby dolls and trucks, but you should also take that to a stage. Perform for your parents. Just one little step up — they feel a little bit more empowered and it builds their confidence. And then they can pretend to be somebody else, take a break…. Even changing your voices, changing your outfits, changing your walk. You get to go outside of yourself.

Ramos said each of these is a building block for social and emotional intelligences.

She is certainly not the only parent out there concerned about when and how kids will learn social-emotional skills. In her experience, these non-academic intelligences are typically not explicitly taught in traditional school settings, where the ideal times for supporting social and emotional growth are disappearing. Many schools have decreased or altogether dissolved recess, art classes, theater programs, and gym time — in other words, times where kids were more free to play, chat, pretend, and problem solve. Likewise, after-school hours are often spent in structured extracurricular activities rather than playing with siblings or neighbors. Ramos’s theory is that ready-made, community play spaces like Kidopolis can be a helpful launching pad for both imaginative and interactive play. The skills built during free play, she said, are important both in the moment and in the long run — for example, by fostering a healthy sense of self. “[Free play] leads them to be more self-confident, because when they free play, they’re guiding themselves. Nobody’s leading them; they're using their intuition, and that builds confidence." She said the grade school years are a prime time to hone social-emotional skills in a supervised setting: "They need these skills to be as developed as they can be by the time they get to high school, because kids are mean to each other. We're all really animals at heart; we're quick to pick out the weak ones."

With that kind of societal pressure, Ramos said it's especially important to "empower the spirit of children." She sees children as old spirits in new bodies, with new families and cultures to navigate — a tall order, without the proper methods and skills. Play, Ramos feels, is the most appropriate and efficient vehicle to help kids discover themselves and grow. She said:

> When they play, even if they're playing by themselves, their own spirit is free to just be. It's just when they start to get socialized then you start to put yourself in a box, to fit in or be accepted, whether it's your culture or your gender. Imaginative and creative play can help them realize that they are free, that there's a free part even when they're in the confines of home and family or sibling order. They can still experience freedom, and usually it is through play.

Going a step beyond free play, Ramos also recognizes the value in parents joining their kids in child-directed play. She loves that parents in the Ann Arbor area, where she's raising her children, "are *so* about their kids." She is energized and inspired when adults playfully interact with children at Kidopolis and hopes to foster that as much as possible. "I do want more parents to interact with their kids. I know now they're so used to other play spaces where they don't. But parents should play more with their kids. A lot of these costumes — they're adult sizes!" She said she recognizes that parents absolutely need an occasional break from their children, but that children gain so much when given the opportunity to play with their parents in an unstructured setting.

One way Ramos promotes this is by supplying costumes for both kids and grown-ups in the theater and stage area; Kidopolis's Instagram feed features a family who dressed up together. Ramos commented that "parents that have come in and dressed up — they turn on the fun switch, they have a big smile. The first week [at Kidopolis], I was in a sailor suit. I like to dress up, myself." She aims for parents and caregivers to be comfortable when they come in, but also aesthetically pleased by Kidopolis's style. She wants them to "feel that they were a part in the design, too — that they also inspired it. It's not just kids… I want [parents'] eyes to be pleased, too." Ramos noted that feedback and ideas from customers are helpful as Kidopolis evolves.

She is energized and inspired when adults playfully interact with children at Kidopolis and hopes to foster that as much as possible.

Kids can sit at Mission Control and use joysticks, keyboards, buttons, and speakers to guide their shuttles and explore the universe.

Indeed, given that Kidopolis opened just a few months ago, Ramos candidly admitted that she continues to weave together her goals with ongoing feedback and her own daily observations, as she watches children interact with each other and with the play areas. For example, while the outer space room and the fire station are always hopping, she said the fairy room isn't as active as she had imagined. That room will be remodeled soon with a new theme.

As for her customer base, Ramos is thrilled that families with very young children are drawn to Kidopolis, but she still hopes to attract older children as well, possibly through scheduled play times for older age groups on the weekends. Kidopolis currently hosts birthday parties, organized play groups, and other special events, and Ramos envisions hosting field trips for schools and summers camps as well. She would also like to procure a van to help accommodate families without transportation: "More than likely, [some] kids that really need to have an escape probably don't have access to come." On a large scale, she very much wants Kidopolis to be a venue for fostering community and hopes to accomplish this via calendared events for groups and families. Her ideas include movie nights, potluck dinners, family parties, and even collaborative theater events, with community members coming together to put on plays in the space. "I'm a Shakespeare person at heart. I would love to put on plays and theater, but interactive, where the families all partake together."

Eventually, Ramos would like to see Kidopolis develop and host learning sessions for grade-schoolers focused on crucial topics like social skills and navigating bullying. In the meantime, she said she'll continue to tweak and modify each themed playspace so that all of her customers — children and adults alike — "get a big dose of imagination and creativity," and that they leave feeling happy, satisfied, and "that their minds have been exercised."

Kidopolis is located at 509 State Circle in Ann Arbor. Hours are Tuesday/Wednesday/Thursday from 10 a.m. to 4 p.m.; Friday and Saturday from 10 a.m. to 8 p.m.; Sunday from 11 a.m. to 5 p.m.; and Monday by appointment only. To schedule a birthday party, play group, or special event, call (734) 769-0263 *or email* kidopolis509@yahoo.com. *More information is available at www.kidopolis.net.*

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If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the September 2016 issue is July 1, 2016.

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The Crazy Wisdom Community Journal

Events Calendar for Kids • May through August 2016

New, Fun, and Just Plain Cool Things to do!

Crazy Wisdom Kids

Mother's Day Fairy Tea at Crazy Wisdom Tearoom • May 8, 1 p.m. seating • Children and their families are invited to celebrate mothers and grandmothers for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Summer Fairy Tea at Crazy Wisdom Tearoom • Aug. 18, 1 p.m. and 4 p.m. seatings; Autumn Tea, Oct. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are $11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Kids Cooking Camp with Chelsea Community Kitchen • July 18-22, 9 a.m.-12 p.m. (grades 1-3); 1-3 p.m. (grades 4-6) • Summer adventures in healthy cooking offers kids hands-on experience learning the basics of food preparation, kitchen safety, and cooking cleanly, while cooking yummy and healthy foods. May register for the week or for individual days. Campers who complete all five days will earn a Junior Chef award. Scholarships available. $25/session includes food and supplies. Contact Kathy at chelseacommunitykitchen@gmail.com or chelseacommunitykitchen.org.

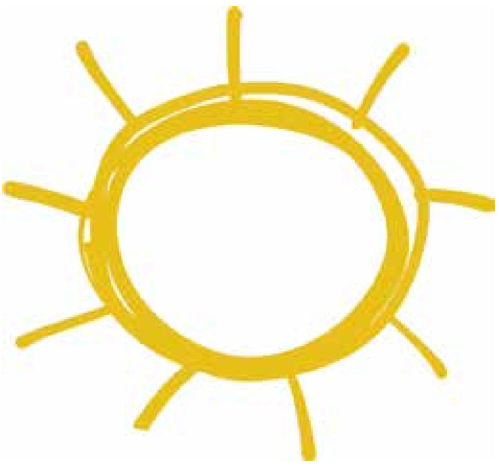
Summer Chefs Club with Chelsea Community Kitchen • July 25-27, 9 a.m.-3:30 p.m. • For grades 7-9 to go beyond basic cooking skills to explore more advanced techniques. Explore farm to table and experience cooking in a restaurant setting. Bring a bag lunch. $150 for three-day workshop includes food and supplies. Contact Kathy at chelseacommunitykitchen@gmail.com or chelseacommunitykitchen.org.

Mom-Baby Group with Catherine Fischer and Cynthia Gabriel • Mondays, 10-11 a.m. • This weekly group for new mothers and infants provides mutual support and friendship during the often-lonely journey of early parenting. The group features a new topic each week. $10/week or $56/eight weeks. Call Catherine at 395-5244; cynthia@togrow.org. or supportforgrowingfamilies.com/parenting-support.html.

Intuitive Children Gathering with Christina DePugh • May 9, June 13, July 11; 1-3 p.m. • Parents of intuitive children come together to discuss experiences, find encouragement, and learn techniques to help the intuitive children flourish. Children are welcome; healthy snacks and activities will be provided. Donation requested. Call 968-9723; christinadepugh@gmail.com or enlightenedsoulcenter.com.

Bloom! Gardens Children's Fairy Garden Series • Monthly Saturdays, 2-4 p.m. • Workshop attendees of all ages are welcome to create various take-home garden projects with guidance from staff with great enthusiasm for all things floral. Preregistration encouraged. $20. Call Stacey at 426-6600; office@lotusgardenscapes.com or lotusgardenscapes.com.
May 14 • Teacup Fairy Garden • Create and learn to care for a new magical, miniature landscape.
June 18 • Dads 'N Kids Fairy or Troll Garden • Kids and their dads or other favorite adult will build a magical garden for a fairy or troll and learn to care for it.
July 23 • Beach Party Fairy Garden • Create and learn to care for a beach-themed miniature fairy garden.

Mommy and Me Tea with Lamaze Family Center Ann Arbor • May 7, 9:30 a.m.-11 a.m. • Celebrate Mother's Day by attending this special tea. It is a memorable day for moms and their children, with an opportunity to dress up and spend a morning sipping tea and juice, munching on treats, and having quality time together. The children will have time for free play and also get a chance to make a special gift to present to their moms. $15. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.



Breastfeeding Café at Center for the Childbearing Year • Mondays, 1-2:30 p.m. and Fridays, 10-11:30 a.m. • Informal, free drop-in group meets weekly for support and discussion among breastfeeding moms and babies. Call 975-6534; bfcaa.com.

Japanese Children's Day with Saline District Library • May 5, 3-4:15 p.m. • Teens invited to celebrate Kodomo no Hi, an annual Japanese holiday celebrating children and teens. The event will include a carp banner craft activity and a chance to learn about other Japanese festivals. Free. Call 429-5450; salinelibrary.org/events.

Monday Anime Club with Saline District Library • Every Other Monday in May and June, 3-4:20 p.m. • Teens invited to meet new friends, enjoy new shows, and enjoy sushi and other Japanese treats. Free. Call 429-5450; salinelibrary.org/events.

Tween Book Club with Chelsea District Library • May 17, 3:30-4:30 p.m. • All kids ages 9-13 are invited to discuss *Roller Girl* by Victoria Jamieson, a best-selling graphic novel about a girl who faces new challenges when she splits from her best friend to try out roller derby instead of ballet the summer before middle school. Free. Call 475-8732; chelseadistrictlibrary.org.

Epic Kids' Splash and Dash Race • June 12, 7:30 a.m. • Kids ages 7-15 are invited to compete in a duathon that includes a 100-meter swim and a 1K run. Held at Halfmoon Lake Beach in Dexter Township. All competitors must have USAT annual youth memership ($10). $60 ($50 in advance) + $10 annual vehicle entry fee. Call 531-8747; info@epicraces.com or epicraces.com.

Hands-On Cooking Classes with Sprouting Chefs • All classes 10 a.m.-1 p.m. • Children will learn basic cooking skills and good nutrition as they prepare and enjoy a variety of healthy and delicious dishes in a hands-on cooking class. Children will bring home recipes so that they can recreate the recipes at home. $45/class includes dishes to enjoy and/or bring home. Call Lillian at 474-1006; sproutingchefllc@gmail.com or sproutingchefs.org.
June 28 • Summer Lunches • Creamy cheese pasta with smoked ham and peas, tex-mex taco bowl with homemade ranch dressing, and a variety of panini sandwiches. Ages 8+.
June 30 • Fruit Fest • Sweet treats will include rustic berry tart and peach freezer jam. Ages 8+.
July 6 • Fun with Filo • Dishes to impress include spinach pie and traditional apple strudel. Ages 10+.
July 11 • Latin Fiesta • Guacamole, refried black beans, fresh tomato salsa, Guatemalan rice, Tres Leches cake. Ages 8+.
July 14 • Cooking Together • Bring Mom, Dad, sibling, or favorite adult to start in the garden and make a variety of tasty dishes together. Ages 8+.
July 26 • American Classics with a Twist • Learn to spice up some traditional American favories like meatloaf and roasted corn-on-the-cob in this peak-of-summer class. Ages 8+.
July 28 • Excellent Eggs • From simple scrambled eggs to not-so-simple omelets. Ages 10+.
Aug. 2 • "I'm Making Dinner tonight!" • Quick and easy tomato sauce, parmesan and herb chicken breast tenders, and creamy chocolate pudding topped with raspberries. Ages 10+.
Aug. 4 • Baking with Jane of Food Network Kids' Baking Championship • Vanilla cupcakes with raspberry mousse and vanilla buttercream, along with basic cake decorating. Ages 8+.
Aug. 31 • Totally Tomatoes • Using some of the more than 3000 varieites of heirloom tomatoes, fresh tomato sauce, roasted tomato sauce, and sauce from canned tomatoes, sampled with delicious meatballs. Ages 8+.

***Charlotte's Web* with Wild Swan Theater • May 4-8 •** Children of all ages will enjoy the classic story of a rare friendship between Wilbur the pig and Charlotte, a spider. Wild Swan performances are geared for family fun. Wild Swan is dedicated to producing professional theater for families and making theater accessible to everyone. All performances are shadow interpreted for those who are hearing impaired. See website to purchase tickets. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.

Using Stones for Empaths with Jennifer Vanderwal • June 12, 11 a.m.-1 p.m. • This workshop helps partiicpants identify what it means to be an empath and discusses various crystals and techniques to help empaths deal with the outer world. Great class for kids. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Nurturing Baby and You: Support Group for Pre-Walkers with Gari Stein • Tuesdays, 11:30 a.m.-12:30 p.m. • Informal and gentle-paced atmosphere that provides activities for everyday routines that nourish developmental domains. Enjoy nursery rhymes, tummy time, waltz, sheet rides, instruments, lullabies, and more. The group also provides parenting support, resources, and exchange of concerns and ideas. Free to members; nominal fee for non-members. Call 741-1510; Garistein@aol.com or little-folks-music.com.

Sing with Me with Gari Stein • Wednesdays, 10:15-11:15 a.m. • Musical enrichment and instrument exploration for children birth to age five and the grown-ups who love them. The group will sing, chant, bounce, folk dance, play instruments, share hugs, laughter, and more. A research-based program nurtures the bond, enhances development, learning, listening, and literacy along with parenting resources, process art exploration, snack, and chat. $224/14 weeks (includes four CDs; discount for siblings). Call 741-1510; Garistein@aol.com or little-folks-music.com.

Nature Tales with Leslie Science and Nature Center • Wednesdays, 10-11 a.m.; Saturdays, 11 a.m.-12 p.m. • A unique story time in which 1-5 year-olds and their adults enjoy a children's book and related hands-on outdoor nature exploration and animal visits. $4/child ($3/child for members); adults and children under one are free. Check website for updates on monthly books and times. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Mother's Day Wildflower Hike with Leslie Science and Nature Center • May 8, 1-2:30 p.m. • All ages welcome to bring mothers and mother figures for a guided wildflower hike, as well as learning basic plant identification skills and folklore about local wildflowers. $5/person. Moms free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Frogs with Leslie Science and Nature Center • May 13, 7-9 p.m. • Participants will celebrate the beloved frog, learning about their anatomy and lifestyle. Dress for the weather as workshop includes time at Black Pond. $9/person or $34/family ($8/person or $30/family for LSNC members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Critters Up Close with Leslie Science and Nature Center and Ann Arbor Hands-On Museum • May 14, June 11, July 9, Aug. 13; 10 a.m.-4 p.m.; May 15, June 12, July 10, Aug. 14; 1-4 p.m. • Leslie Science and Nature Center staff will bring a selection of live animals to AAHOM each month, where hands-on activities oriented around animals will be available. Free with museum admission. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Raptor Feeding with Leslie Science and Nature Center • Second Saturdays, 3-4 p.m. • LSNC raptor staff will prepare raptor food for wild owls, hawks, and eagles. This is a great time to see the birds doing their most natural behavior of eating. Visitors can also touch feathers, see a hawk or owl pellet, learn about bird anatomy, and ask questions. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • May 15, June 19, July 24, Aug. 21; 6:30-8 p.m. • Families can enjoy a relaxing campfire with roasting marshmallows and swapping stories. Bring camp chairs, and s'mores fixings; LSNC will provide the campfire and marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Great American Backyard Campout with Leslie Science and Nature Center • June 25, 4 p.m.-June 26, 10 a.m. • Families can pitch tents with LSNC's resident raptors and critters and be part of a nation-wide event. LSNC will provide nature-based programs, campfires, and more. Bring a picnic dinner; breakfast will be provided. Minimum of one adult per family is required. Online registration required by June 16. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Hands-On Demo: Lights, Camera, Action Potential with U-M Museum of Natural History • Saturdays, 11 a.m., 3 p.m.; Sundays, 3 p.m. • Using a smart phone, participants will hear and observe their own brain-muscle signals that cause muscle contraction. The demonstration will end with an exciting experiment to use the muscle signals of one individual to stimulate and contract the muscles of another. Participants can make a model neuron to take home. For ages five and up. $6 suggested donation. Call 764-0478; lsa.umich.edu/ummnh.

Baby Playgroups with Ann Arbor District Library • Mondays-Fridays • Various branches of the library will provide the space and a variety of toys for a playtime that includes 15 minutes of stories, rhymes, and songs, followed by open playtime. Parents and guardians must remain with their children. For babies up to 24 months. See website for times and locations. Free. Call 327-4200; aadl.org.

Dungeons and Dragons with Chelsea District Library • Tuesdays and Thursdays, 3:30-7:30 p.m. • Both teenagers and adults are invited to play the role-playing tabletop classic that launched a gaming revolution. Free. Call 475-8732; tln.lib.mi.us.

Children's Storytime with Barnes and Noble • Saturdays, 11 a.m. • Structured story readings and the occasional craft activity. For ages 3 and up. Free. Call 973-1618; stores.barnesandnoble.com.

Exploring New Horizons with U-M Museum of Natural History • Daily, 2:30 p.m. • This audiovisual planetarium show talks about the mission of the New Horizons spacecraft to a dwarf planet and also explores the history and importance of the scientific method. $5. Call 764-0478; lsa.umich.edu/mbg.

Storytime with Nicola's Books • Tuesdays, 10 a.m.; Saturdays, 11 a.m. • Stories and activities for children ages 7 and under. Free. Call 662-0600; nicolasbooks.com.

Dinosaur Tours with U-M Museum of Natural History • Saturdays and Sundays, 2 p.m. • Dinosaur fans will have fun during a 30-minute tour with animatronic reptiles. Call 764-0478; lsa.umich.edu/ummna.

Summer Farm Tours at the Waterloo Farm Museum • Fridays, Saturdays, and Sundays, June 3-Aug. 28, 1-5 p.m. • This historic farm museum provides guided tours in period dress of a ten-room farmhouse, log cabin, barns, blacksmith, woodworking wokshop, bake house, ice house, milk cellar, and windmill. $5 adults, $2 children ages 5-12. All programs require entrance to Eddy Discovery Center in Chelsea. $2 ($5 families). Call 475-3170; waterloofarmmuseum.org.

Blacksmiths, Soldiers, and Log Cabin Weekend at the Waterloo Farm Museum • June 25-26 • Re-enactors will portray the Civil War era to help all understand and appreciate the pioneers of Michgian, their family life, and their children's schooling. Visitors can visit the Civil War encampment, try wood carving, visit a bakeshop or black smith, or learn to make socks on a 19th century scok machine. as participants and visitors join the statewide celebration of Michigan's log cabins with guided tours. $5 adults, $2 children ages 5-12. All programs require entrance to Eddy Discovery Center in Chelsea. $2 ($5 families). Call 475-3170; waterloofarmmuseum.org.

Classes for Childbirth Preparation, for Parents, and for Families with Lamaze Family Center • Ongoing • Lamaze Family Center offers numerous classes designed to empower families to make informed choices and gain support in pregnancy and in parenthood. Classes include childbirth preparation, infant care for adoptive families, infant CPR and first aid, miscarriage and newborn loss support, breastfeeding and newborn care, Kindermusik, playgroups, mothers' groups, becoming a sibling, and baby sign language. Check website for times, dates, and fees. Call 972-1014; lamazefamilycenter.org.

Baby Time Fun with Lamaze Family Center Ann Arbor • This weekly circle time presents songs, games, and what changes to expect as your growing baby gets up and going. Designed for babies 5 months-one year and their caretakers. See website for dates, times, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Kindermusik Classes with Lamaze Family Center Ann Arbor • This class focuses on participatory song and movement. Classes for ages 0-7 years old and their caretakers. All classes include a music CD, book, and musical instrument. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Becoming Brothers and Sisters with Lamaze Family Center Ann Arbor • This class focuses on helping siblings-to-be feel special about their new role using story, dolls, and practice with holding, diapering, and swaddling a baby. Classes at the hospital also include a tour of a room on the labor and delivery floor. Children receive a certificate and big brother/sister button to wear. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Family Dance: Pittsfield Union Grange • May 15, , 2-4 p.m. • All kids, accompanied by an adult, invited for contra and square dancing with live music. Refreshments served. $12/family. Call 769-1052; pittsfieldgrange.org.

***As You Like It* with Ann Arbor Young Actors Guild • May 13-15 •** Set in a mythological forest, Rosalind, disguised as a boy, and her cousin Celia encounter love and adventure in this Shakespearean comedy. All shows feature local children who help with all aspects of the productions. Call 926-5629; yag-season.org.

Continued on page 92

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Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, , Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Crazy Wisdom Kids

Events Calendar for Kids

Continued from page 91

Summer Theater Academy with Ann Arbor Young Actors Guild • July 11-23, Weekdays, 9 a.m.-3:45 p.m. • Summer acting programs for all age groups of children and teens include lunchtime concerts, daily trivia contests, chess tournaments, drawing, performance skills, comedy techniques, and much more. $475 ($47.50/day). Call 926-5629; yag-season.org.

Not Just for Kids: Family-Friendly Professional Theater with Michigan Theater • May 7, 1:30 p.m. • The whole family will enjoy live shows that provide a great way to introduce a child or grandchild to the magic of live musical theater and performance. Ticket prices begin at $10. See michtheater.org for details; tickets available for purchase at Nicola's Books, ticketmaster.com, or at 800-745-3000.
May 7 • *Seussical* • "Oh, the thinks you can think" when Dr. Seuss's best-loved stoires collide and cavort in a musical caper adapted from the Broadway version for young audiences.

Kids Zumba with Peachy Fitness • Tuesdays, 6:30-7:30 p.m. • Designed for ages 6-13 years old, these classes are the ultimate dance-fitness party where they can play it loud and rock with their friends. Classes are designed to increase self-confidence, boost metabolism, and enhance coordination. No prior dance or fitness experience necessary. $15 (multi-class discounts available). See peachyfitness.com.

Kids Yoga with Peachy Fitness • Wednesdays, 6:30-7:30 p.m. • Designed for ages 6-14 years old, these classes help children build self-esteem and self-respect by promoting physical strength and using their muscles in a new way in a creative, non-competitive, and fun activity. Children will explore yoga by imitating animal poses, learning breathing techniques, playing games, and relaxing in a fun and nurturing environment. $15 (multi-class discounts available). See peachyfitness.com.

Family Yoga with Peachy Fitness • Saturdays, 10:15-11:15 a.m. • The entire family can practice yoga together as they cultivate emotional and physical bonding through postures for the whole family. Bring anyone you love -- Peachy Fitness loves all kinds of families. Designed for ages 3-10 and their adults. See website for costs at peachyfitness.com.

Critter House Open House with Leslie Science and Nature Center • Sundays, 12-3 p.m. • All are welcome to come and explore the animals and their homes in our critter house. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Summer Peace Camp with Zen Buddhist Temple • July 29-Aug. 3 • Tent camping for families and children of all ages. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Conscious Parenting

Running on Empty

By Rev. Erin Fry

There are times as a parent when it feels like I have lost the capacity to care. I feel totally overwhelmed, frustrated, and exhausted. I feel impatient and I am not able to respond with love or kindness. In those moments, I might yell or be overly aggressive. As an example, when changing a non-cooperative toddler, in my frustration I may have been too rough pulling off his clothes.

Much of the time when I am with my three-year-old twins, I am really present. I get down on the floor and play with them. We dance, wrestle, and build forts. We read every day. If I am busy with housework or on the computer and cannot pay as much attention to them, I stay even-keeled and available if needed. On the whole, I strive to be patient, loving, and kind, and despite the constant activity and motion, I can stop and savor the moment. Not just the extra special moments, but the everyday moments that might go by unnoticed without the practice of gratitude. These are the days that feel like a win.

But how do we handle the days when we feel like we're running on empty?

"At first I thought my children would be too young for such an abstract notion as empathy, but without using the actual term, we have been talking about the concept for as long as they have been able to talk."

In his book *Nonviolent Communication*, Marshall Rosenberg talks about how we can't give something that we don't have. He specifically addresses the importance of receiving empathy before we can give it to others, so it is essential that we be grounded in empathy, love, and kindness before we can truly give this to our children.

Rosenberg offers several suggestions on what to do when we can't access our empathy. One approach is simply to let the other person know. He says, "Sometimes if we openly acknowledge that our own distress is preventing us from responding empathetically, the other person may come through with the empathy we need."

At first I thought my children would be too young for such an abstract notion as empathy, but without using the actual term, we have been talking about the concept for as long as they have been able to talk. When one child upsets the other, we don't ask "How would YOU feel if someone did that to you?" Instead we ask "How do you think Brother feels?" "Sad." "Mad." Their answers are basic, but always on the mark, and demonstrate their innate understanding and awareness of empathy. So when I verbalize that I am in distress (feeling frustrated, tired, or overwhelmed), even my toddlers can understand and offer some level of empathy and comfort. This is a powerful approach no matter how old your children are. Even if our children struggle to offer empathy or understanding, it is a great way to practice being clear to ourselves and to them about our own feelings and needs.

Another method is to give ourselves "emergency first-aid" empathy by noticing what's going on in ourselves. Rosenberg says that "If we become skilled in giving ourselves empathy, we often experience in just a few seconds a natural release of energy that then enables us to be present with the other person."

I am still working on giving myself this emergency first-aid empathy in the heat of the moment. Fortunately, Rosenberg also suggests a third option:

> "If, however, the other party is experiencing such intensity of feelings that they cannot hear us nor leave us alone [which is frequently the case with my toddlers] the third recourse is to physically remove ourselves from the situation. We give ourselves time out and the opportunity to acquire the empathy we need to return in a different frame of mind."

I did this once without knowing that I was following Rosenberg's advice. I was so appalled at my behavior toward my toddlers that I stopped and told the kids I was sorry and that Mommy needed a Time-Out. I remember the oddly satisfied look on their faces. They actually seemed pleased to find that Mommy would be treated the same way that they would be treated when demonstrating poor behavior. And they nodded in agreement that, given my level of frustration, a Time-Out was the proper course of action. So I went into my room, closed the door, and had space to cool off. (Luckily, during those few minutes, they didn't do any irreparable damage to the house!)

When I recently came across this third option, I felt much better about the Time-Out I had given myself. Now I no longer look at that moment as a parenting failure. Instead I see the "teachable moment" it became for myself and my kids. I am choosing to see it as a win.

"I stopped and told the kids I was sorry and that Mommy needed a Time-Out. I remember the oddly satisfied look on their faces. They actually seemed pleased to find that Mommy would be treated the same way that they would be treated when demonstrating poor behavior."

In addition to the options suggested by Rosenberg, I have found another strategy that works for me. I'll call it the "third-party empathy" practice. This is where I find someone who can listen to me and possibly even take over the responsibility of watching the kids. I feel grateful that I have the level of honesty and empathy with my spouse where we can admit when we feel we are at the edge of our capacity. We can tag each other in and out. But my husband used to travel a lot and we don't have any family in the area. I would often be home alone with the babies for a week or more, so I would invite a neighbor over to keep me company. It felt good to have an empathic ear, and the other person's presence created the space for a different experience with my kids (even if that other person wasn't particularly interested in children). Having a partner, family member, neighbor or friend who can offer us empathy and be present when we need a Time-Out can be a big benefit, and I hope that each person can find someone to fill this important role.

No matter which strategy we choose when we are running on empty, if we practice patience with ourselves, we allow ourselves room to learn and grow. Thankfully children are marvelously forgiving — another thing for which I am grateful!

Erin Fry is an ordained Interfaith Minister and served as a volunteer Minister at the Interfaith Center for Spiritual Growth in Ann Arbor. She is also a licensed Spiritual Coach with the Centers for Spiritual Living. Erin works with people of all faiths and backgrounds to help them create the families they desire. For more information, go to her website at: www.reverinfry.com.

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The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
May through August 2016

Illustration by Sara Van Zandt

Acupressure, Shiatsu, and Reflexology

Learn Simple Shiatsu Methods to Relieve Aches and Pains with Cynthia Conklin • May 11, 1-2:30 p.m.; May 20, 7-8:30 p.m. • Participants will learn how to offer relief for head, neck, shoulder, and back pain through a series of shiatsu moves to be used at home with seated receivers. No partner needed. Limited to 10 participants. $10 (bring a friend for free). Call 417-9714; clconklin@mac.com or easternsunshiatsu.com.

Acupuncture

Free Acupuncture Open House with Ann Arbor Community Acupuncture • July 9, 10 a.m.-3 p.m. • All are welcome for a free midsummer acupuncture treatment, which may be helpful for a range of discomforts including pain, mood imbalances, digestive and hormonal issues. Call Evan at 780-7253; info@annarborcommunityacupuncture.com or annarborcommunityacupuncture.com.

Addiction and Recovery

Cultivating Mindfulness to Support Recovery with Elizabeth A. R. Robinson • May 17, 7:30-9 p.m. • Research supports mindfulness practices as effective techniques to support sustained recovery from substance use disorders. This presentation will describe mindfulness, demonstrate mindfulness techniques, provide opportunities for the audience to experience and cultivate mindfulness, and review the evidence of the positive effects of mindfulness on recovery from substance use disorders Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Recovering Body with Jennifer Matesa • May 24, 7:30-9 p.m. (6:30-7:30 p.m. reception) • This presentation will explore five approaches to addiction recovery that are backed by abundant scientific research. These approaches combine physical practices with the traditional spiritual enlargement of 12-step abstinent recovery. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Spirituality in Recovery: The Many Paths to Spiritual Fitness with Jerry Fouchey • June 28, 7:30-9 p.m. • 12-Step recovery program literature challenges participants through the Eleventh Step to "seek through prayer and meditation to improve their conscious contact with God as they understand Him." This presentation will encourage participants to clarify their personal understanding of a Higher Power, examine the quality of their relationship with that Power, and explore ways to build their conscious contact. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

In the Doctor's Office: Recovery Friend or Foe? with Mark A. Weiner and Matthew Statman • May 31, 7:30-9 p.m. • Healthcare providers are essential allies for people in recovery from substance abuse disorders. This program will provide an overview of the neurobiology of addiction and its implications for health care consumers and providers, list specific concerns related to medications, describe ways in which people in recovery from alcohol/other drug addiction can take responsibility for their health and discuss how health care providers can assist with sustaining recovery. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Tobacco Cessation and Addiction Recovery with Anna Byberg and Aaron Suganuma • June 21, 7:30-9 p.m. • This program will describe the prevalence of tobacco addiction among people with alcohol and other drug addictions, the relationship between tobacco use and recovery, information on tobacco cessation techniques targeted to people with alcohol/other drug addiction, and suggestions for implementation of tobacco cessation support by addiction treatment programs/professionals. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What To Know and What To Do with Ray Dalton and Jules Cobbs • Part One: May 3, June 7; Part Two: May 10, June 14; 7:30-9 p.m. • Ongoing two-part series to help participants learn to understand, identify, and address adolescent alcohol/other drug problems. Targeted primarily to parents, inclusive of teens, other family members, professionals, and others interested. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Animals and Pets

Animal Communication Basic Class with Judy Liu Ramsey • May 13-15, June 21-23, or Aug. 19-21 • Learn how to communicate with animals in the way they communicate in a step-by-step, nurturing environment that helps participants discover their natural telepathic skills. $150 ($25 repeat students). Call 665-3202; ramsey.judy003@yahoo.com or hearttoheartanimalcommunication.net.

Jin Shin Jyutsu: Equine and Self Help with Adele Leas • July 30-31, 9 a.m.-5 p.m. • Jin Shin Jyutsu is an ancient hands-on art for energizing the body, mind, and spirit that provides you and your animal companion daily self-help as practiced by thousands of people. $350 ($300 if paid by May 15). Call Wendy at 417-5069; Wendy@HiddenPromiseCampus.com or HiddenPromiseCampus.com.

Aromatherapy and Essential Oils

Creating Personalized Bath Collection with Karen Greenberg • June 24, 6:30-9:30 p.m. • Participants will choose from provided essential oils to create their own bath collection to take home in order to awaken and believe in themselves, to move closer to their life's purpose; provide purity, clarity, and inspiration; and to clear the way for hope, joy, gratitude, humility, courage, love, energy, creativity, and abundance. $125 (includes materials). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Art and Craft

Energy Made Visible: Drawing from the Heart with Idelle Hammond-Sass • June 11, 1:30-4 p.m. • This workshop is designed to be intuitive, thoughtful, and fun as participants use the open studio process to draw or use mixed media art materials to explore their inner landscape and imagination. All sessions incorporate writing in a comment-free space. $65. Call 741-4441; hammond_sass@msn.com.

Being with Myself: Art Journaling with Susan Bloye and Mary Ledvina • Five Tuesdays, beginning May 10 (skip May 31), 10 a.m.-12 p.m. • This course is designed to help participants begin or expand their practice of art journaling and drop their fears of the blank page through collage, painting, stamping, mixed media, and lettering as they express their souls in their journals. $150. Call Mary at 646-9161; maryledvina@earthlink.net.

Vision Board with Sacred Symbols with Karen Greenberg • May 20, 6:30-9:30 p.m. • This workshop will help participants create vision boards using sacred symbols rather than the more typical process of creating vision boards from collaged magazine pictures. The workshop will draw from many philosophies, religions, and cultures; Greek and Hebrew alphabets; gods and goddesses; creation, destruction, death and rebirth cycles; portals between different worlds; astrological, ritual, and meditation devices and more. $55. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

A Family of Artists: Art Exhibit Opening • July 7, 5-7 p.m. • A family of artists, mother and three daughters, exhibit their works of art including oil painting, pottery, mosaic, and quilting for the month of July. Free. Call Nancy at 769-2999; wasentha@me.com or kerrytownconcerthouse.com.

Astrology

Drop-In Astrology Readings with Alia Wesala • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom Tearoom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

SMART Summer Luncheon • July 9, 1:30-4 p.m. • Join this group for a summer luncheon and fellowship gathering. Luncheon costs vary. Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Open Twins Survivor's Bitch Session: The Mercury-Mars Retrogrades Open Forum • June 26, 1:30-4 p.m. • One retrograde is bad enough, but two? Participants will share food and stories of survival, delays, and detours that result from living through the simultaneous Mercury and Mars retrogrades in May-June, 2016. $10. Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Family Studies Introduction with Darri Murphy • Aug. 27, 1:30-4 p.m. • Participants will look at their families' multiple charts using an astrological family tree and a systematic approach to determine dominant family themes. $20 ($15/ members). Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Elections and the SMART Chart Open Forum with Elizabeth Hazel • May 15, 1:30-4 p.m. • Participants will get an overview on how to choose election charts and consider potential chart elections for SMART's future. $10. Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 121.

Author Events

***Lifelines to Cancer Survival: A New Approach to Personalized Care* with Mark Roby in the Crazy Wisdom Community Room • May 7, 1-4 p.m. •** This book helps guide patients to increase their survival times and gives access to cutting-edge conventional and natural tools to turn their diagnosis around. The author shares his experience of surviving cancer that had advanced through his liver and lungs. Free. Call Mark at 248-318-8775; cancerstrategist@yahoo.com or lifelinestocancersurvival.com.

Author Talk with Will Swartz, author of *A Walk Across Michigan* • May 24, 7 p.m. in the Crazy Wisdom Tea Room • A free author event that describes the 233 mile Michigan Shore-to-Shore Riding and Hiking Trail. No bugs, no smoke in the eyes, and no stinky body parts make this an enjoyable way to learn about one of Michigan's hidden hiking trails. See awalkacrossmichigan.com for a preview. Free. Call 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Timber Hawkeye, author of *Buddhist Boot Camp* and *Faithfully Religionless* • June 8, 7 p.m. in the Crazy Wisdom Tea Room • A free author event, part of Timber Hawkeye's book tour across the US, will include an overview of Hawkeye's best-selling books with book talk, discussion and Q&A. See TimberHawkeye.com for more information about the author and his books. Free. Call 665-2757; rachel@crazywisdom.net.

Book Publication Party and Talk with Dr. Elizabeth Shadigian, author of *WomanSafeHealth: The Antidote to Status Quo Health Care* • July 28, 7 p.m. in the Crazy Wisdom Tea Room • A celebration of the release of Dr. Shadigian's new book with a wine and cheese reception, followed by a book talk and Q&A. Free. Call 665-2757; rachel@crazywisdom.net.

Bodywork

A Touch of Thai Massage with Tatianah Thunberg and Kelly Kempter • May 24, June 28, July 26; 6:30-8:30 p.m. • Participants will learn the potent floor-based healing art practice of Thai yoga massage that uses body weight and gravity to apply pressure. Participants will gain confidence with using a wide variety of stretching techniques using breath and movement to create a safe environment of healing touch for both giver and receiver according to monthly themes. No experience necessary. $25 ($20 in advance). Call Kelly at 223-4156; sacredbreathhealingstudies@gmail.com or sacredbreathhealingstudies.blogspot.com.

Take Your Bodywork Practice to the Next Level with Wasentha Young • May 6-27, 6:30-8:30 p.m. • Techniques may stay the same, but there are a myriad of ways to keep growing in style and delivery to develop as a professional. This session will provide participants with exercises and tangible hands-on techniques that will deepen and enhance listening and touch ability in practice. $150. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Self Care through the Myofascial System with Brian M. Truskowski in the Crazy Wisdom Community Room • 7-8:30 p.m. • This series will help participants explore the anatomy and physiology of various parts of the body, the common issues people have, and self-care techniques to resolve them. $20/class ($45/3-part series). Call 503-680-5388; Brian@BrianMTruskowski.com or BrianMTruskowski.com.
May 19 • Low Back/Hips; **June 23** • TMJ /Head and Mouth
July 28 • Neck and Shoulders

Are You Losing the War with Gravity? An Introduction to Rolf Structural Integration with Robert Auerbach • May 19, 6:30-8:30 p.m. • This workshop helps participants explore how the impact from injuries, emotional traumas, and belief systems get stored in the body's connective tissue and organized into chronologically frozen postures. Rolf Structural Integration bodywork can reverse these patterns, improve mobility, deepen breathing, and increase flexibility. Donations accepted. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Massage Class with Irene's Myomassology Institute • May 13, 7-9 p.m. • Participants who are interested in massage as a hobby or an introduction to a new career can explore the benefits, practice basic techniques, and give and receive massage. Bring a friend or be paired up with a partner. Free. Call to RSVP at 248-350-1400; irenes.edu.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. Hosted by Rachel Pastiva. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.
May 20 • *The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul* by Lissa Rankin, MC • At the intersection of science and spirituality, *The Fear Cure* identifies Four Fearful Assumptions that lie at the root of all fears and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Hosted by Bill Zirinsky.
June 17 • *Fringe-ology: How I Tried to Explain Away the Unexplainable — and Couldn't* by Steve Volk • Skeptical investigative journalist Steve Volk explores the paranormal and finds -- to his astonishment-- the leading edge of science. *Fringe-ology* is a thoughtful, myth-shattering exploration of discoveries that may be in the process of transforming the paranormal into normal.
July 15 • *This Is Your Brain on Music: The Science of a Human Obsession* by Daniel Levitin • In this unprecedented meeting of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music and the human brain, and argues that music is fundamental to our species, perhaps even more so than language.

The Crazy Wisdom Calendar

Book Discussion Groups (cont.)

Aug. 19 • *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson, hosted by Rachel Pastiva • Bryan Stevenson was a young lawyer when he founded Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. One of his first cases was that of Walker McMillan, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinkmanship -- and transformed his understanding of mercy and justice forever.

Lighthouse Book Club: *The Untethered Soul* with Lighthouse Center • Six Wednesdays beginning May 11, 7:30-9 p.m. • Michael Singer's *The Untethered Soul* is an exploration of consciousness and how to overcome blocks to greater awareness, peace, and understanding. Read the first 30 pages prior to first class. $20.

Jewel Heart Readers • May 10, June 14, July 12, Aug. 9; 7-8:30 p.m. • All are welcome to enjoy a lively discussion on monthly dharma-related book selections with fellow sangha. Free. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Lift Your Spirit Book Club with Debra Williams • June 13, Aug. 22; 6-7:30 p.m. • This group meets every other month to read, explore, and discuss uplifting books for inspiration and empowerment as we share our thoughts. Donations accepted. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • May 18, 23, June 16, July 25, Aug. 10, 23; 7-9 p.m. • This workshop provides a discussion of the benefits and basics of the breath process, how to set intention. Then participants will practice a full breath session and end with integration. This work may provide new awareness, physical and emotional healing, clarity, and joy through circular, connected breathing. First timers arrange to come one hour early for overview. $40/session ($30 for repeaters). Call Marcia at 395-4799; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

> ***The flower that blooms in adversity is the most rare and beautiful of all.***
>
> —Mulan

Alchemy of the Heart All-Day Workshop with Julie Wolcott and Marcia Bailey • June 11, 10 a.m.-5 p.m. • This workshop will draw from the work of Michael Brown, author of *The Presence Process*. Participants will experience two 60-minute transformational breath sessions, plus related exercises and sharing in order to see with the eyes of the heart, realize that all are spiritual beings having a human experience, and understand that unconditional love is humanity's essence. First timers arrange to come at 9 a.m. for an overview of transformational breath. $90 ($80 for experienced students). Call Marcia at 395-4799; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

Integrative Breathwork with Linda Adamcz • May 13, June 24, July 29, or Aug. 26, 7-9 p.m.; or May 14, June 25, July 30, or Aug. 27, 10 a.m.-5 p.m. • This musical journey for insight, emotional healing, creativity, and renewal may assist with life changes, grief and loss, job stress, burnout, trauma and abuse, depression, and addictions in order to help find peace, joy, meaning, and purpose. $30 (evening session), $70 (all-day session). Call 269-388-2988; Lkadamcz@juno.com or AdamczAssociates.com.

Buddhism

Sundays with Gelek Rimpoche • Sundays, May 1-Aug. 28, 11 a.m.-12 p.m. • Weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor, these talks will also be live video webcast. Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity and particularly associated with healing and long life. This guided meditation will use visualization techniques to overcome physical, mental, and emotional suffering. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, May 1-Aug. 28, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity and particularly associated with healing and long life. This guided meditation will use visualization techniques to overcome physical, mental, and emotional suffering. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

On May 1, 2016, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

White Tara Workshop at Jewel Heart • July 30, 10 a.m.-1 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity and particularly associated with healing and long life. This workshop will review the White Tara practice offered on Sundays, along with the visualization techniques to overcome physical, mental, and emotional suffering. Sliding scale $10-$30. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

37 Wings of Change with Jewel Heart Instructors • Thursdays, Apr. 14-28, May 5-26, June 9; 7-8:30 p.m. • This series will explore the 37 qualities that ground spiritual development, laying the foundation for deepening understanding and ultimately, enlightenment. The workshop will follow Gelek Rimpoche's commentary that "if you are able to practice these points, to really spend time and meditate on them, they will become your qualities!" $80 (members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Ganden Lha Gyema with Jewel Heart Instructors • Wednesdays, May 4-18 (series begins in March), 7-8:30 p.m. • The Ganden Lha Gyema, one of the most popular practices in the Je Tsong Khapa tradition, deepens the connection with the enlightened through meditation exercises to enrich inner development. Grounded in appreciation for our spiritual teacher, this practice uplifts through familiarity with generosity, respect, purification, rejoicing, and many other beneficial activities. The workshop offers instruction on specific visualization practices interwoven with the Migtsema mantra. $80 (members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

A Daily Meditation Practice with Jewel Heart Instructors • May 14, 10 a.m.-1 p.m. • This workshop, is designed to explore the richness behind the language of Jewel Heart prayers and build a foundation to further deepen inner development and provide support for the activities of everyday life, both mundane and spiritual. $15-$30 sliding scale. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Setting Up an Altar with Jewel Heart Instructors • June 18, 10 a.m.-12 p.m. • Creating a sacred environment for meditation is the first step towards the goal of a stable mind, a happy life, and a deepening of the spiritual journey. This course will explore the basic ingredients of a Tibetan Buddhist altar. Open to all. $10-$20 sliding scale. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Movie Night with Ann Arbor Karma Thegsum Choling • May 18, June 15, July 20, Aug. 17; 7:30 p.m. • Third Wednesdays are for movies rather than meditation. Titles are TBA, but they usually relate to Buddhism, Tibetan Buddhism, or our teachers. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Wednesday Meditation with Ann Arbor Karma Thegsum Choling • Wednesdays, 7:30 p.m. • Silent, sitting meditation followed by discussion of teachings by Karma Kagyu Tibetan Buddhist teachers. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Sunday Sadhana Meditation Practice with Ann Arbor Karma Thegsum Choling • Sundays, 11 a.m. • Sadhana practice includes chanting and mantra recitation. Medicine Buddha meditation on the first Sunday of the month; Green Tara meditation on the third Sunday; second and fourth Sundays are Chenrezig/Amitabha meditation. If there is a fifth Sunday, it is silent sitting meditation. Texts are provided and all are welcome. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Buddha's Birthday with Zen Buddhist Temple • May 14-15 • This weekend celebration includes public forums, meditation, a traditional birthday service with special chanting and bathing of the baby Buddha, a blessing service for youth, a lotus and lantern lighting and chanting service, vegetarian buffets, and more. See website for details and times. Everyone welcome. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Sunday Services with Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

One-Day Retreat with Zen Buddhist Temple • May 7, June 4, Aug. 6; 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest for an interval of deepening, slowing down, silence, and mindfulness. $60. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Summer Lecture Series with Zen Buddhist Temple • July 12, 19, 26; 7:30-9 p.m. • This series provides an introduction to Buddhism, including its history, teachings, and practices. Free. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ullambana Day Service with Zen Buddhist Temple • Aug. 28, 11:30 a.m. • This service provides rites and services for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. See website for more information. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Summer Peace Camp with Zen Buddhist Temple • July 29-Aug. 3 • Tent camping for families and children of all ages. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ceremonies, Celebrations, and Rituals

Ladies' Night out at Crazy Wisdom Bookstore • May 13, 5-9 p.m. • All day, Crazy Wisdom is offering 20% off purchases for women with the mention of Ladies' Night Out. From 5-9 p.m., stop by to have your passport stamped and enjoy free hot tea samples, chocolates, and shopping. The first twenty women who come in with a passport and make a purchase of $20 will receive a free goody bag containing an assortment of items, including free books, incense, greeting cards, body products, jewelry, and more. Contact Sarah at sarah@crazywisdom.net.

Summer Solstice Celebration with Esther Kennedy • June 19, 3-4:30 p.m. • Participants will gather with others across the planet to celebrate, create song, and bring offerings to share gratitude, strengthen commitments to shine compassion, harmony, justice, and love upon all in the community of life. Free. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Mystery of the Disappearing Bees with David M. Hall • July 13, 7-8:30 p.m. in the Crazy Wisdom Community Room • This discussion will share information about the die-off of honeybees and other pollinators, the reasons behind them, how it affects our food supply, and what can be done about it. Participants will learn to honor and celebrate them, as well as how to cultivate a more mindful, supportive relationship with them. Co-sponsored by the People's Food Co-op of Ann Arbor. Free. Call David at 520-343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • May 11, 7-9 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk on topics such as vipassana and pure awareness, working with inner guidance, and supporting changes in our physical and spiritual bodies, followed by Q&A. All are welcome with no registration necessary. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Remembering Wholeness with Barbara Brodsky and the Mother • May 15, June 12; 2 p.m. • Energy sharing (darshan) with the Mother is channeled through Barbara Brodsky and provides an interaction between the human and the divine, which focuses and draws up the consciousness of the human as the Mother takes each person's hands and looks into his or her eyes. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • May 24, June 28, July 26, Aug. 23; 7-9 p.m. • Participants will share a channeled message from spirit about what is happening in the world and how to shift energy so that humanity can move forward along ascension pathways easily. Time for questions and answers, and personal messages may also come through. Participants are welcome to drop in at any time. Love offering requested. Call Eden at 904-0076; kzarley88@gmail.com.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • May 16, June 20, July 18, Aug. 15; 7-9 p.m. • Monthly channeling evening features guided meditation, group message, and individual messages for empowerment and enlightenment in these dynamic times. Refreshments served. Space is limited to 12 participants. $20. Preregister at 800-996-8799; nancirosegerler@gmail.com or nancirosegerler.com.

Ask the Universe with Tammy Braswell • May 16, June 20, July 18, Aug. 15; 8-9 p.m. • Participants can ask the universe their burning questions such as "what is my purpose?" "why do unwanted patterns in my relationships, money, and health keep showing up for me?" or "is there a way to live the life of my dreams?" Join the call at tinyurl.com/ask-the-universe. Free. Call 252-6196; tammy@createbyvibration.com or CreateByVibration.com.

The Channeling Circle with Jason Riggs • Fridays, 6:30-8:30 p.m. • This is a group for exploring the shared direct experience of spirit. It is open to vivid experiencers who are willing to hold a space of love. $10 donation. Contact jason@thecrystalengineer.com or thecrystalengineer.com.

Messages from the Angels with Annette Jones • May 25, 10 a.m.-4 p.m. • This workshop will take participants to an altered state of consciousness to do intuitive or channeled writing to receive guidance from their guardian angels. The second half of the workshop will be an archangel seance channeled by the workshop leader for participants to learn about how the archangels serve humanity. the earth, and the universe. $90 ($75 before May 11). Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

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The Crazy Wisdom Calendar

Katy Gladwin *is the founder and owner of Sacred Roots, LLC, which, in addition to doula services, offers childbirth education and other support services for mothers and families. Visit www.sacredrootsservices.com for details about its services and educational programs.*

Chanting

First Wednesday Ann Arbor Kirtan with Kashi Nivas Shiva Meditation Center Chanting • May 4, June 1, July 6, Aug. 3; 7-9:30 p.m. • Ann Arbor Kirtan holds a kirtan on the first Wednesday of the month at Kashi Nivas. The evening begins with Sanskrit mantras, continues with kirtan chanting, and ends with silent meditation. Call Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Guru Gita with Atmaram Chaitanya • Saturdays, 10-11 a.m. • The Guru Gita is a devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Call 883-6947; atmaran@kashinivas.org or kashinivas.org.

Chanting with Ann Arbor Kirtan • May 13, June 17, July 15, Aug. 19; 7:30-9:30 p.m. • This event is an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5 donation. Call Karen at 645-8904; karenrlevin@gmail.com or kirtanannarbor.org.

Childbirth

Childbirth Preparation Class with Lamaze Family Center • Four Wednesdays beginning May 4, June 29, or Aug. 10 • This interactive 12-hour series is a comprehensive childbirth class. Topics include various stages of labor, birth, and early postpartum with breastfeeding overview; relaxation and breathing techniques, comfort measures, and positions for labor and delivery; partner's role with laboring mom; and pain management options and birth interventions, hospital procedures, and Cesarean birth. $190. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Preparation for Giving Birth and Caring For Your Newborn with Center for the Childbearing Year • Six Wednesdays, July 6-Aug. 10, 6:30-9 p.m. • These classes are designed to foster a fun and informative community environment. Topics include natural approaches to pain management, support techniques and comfort measures, and more. Comprehensive six-week series, condensed classes, or multi-media online classes. Lending library, free mother-baby drop-in groups and more. $290 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Focus on Labor and Birth: Childbirth Preparation Condensed Class with Center for the Childbearing Year • May 7 or Aug. 13, 9:30 a.m.-4:30 p.m.; Three Tuesdays, June 14-28, 6:30-8:45 p.m. • This hands-on class is perfect for couples with busy schedules or those seeking a refresher class. Topics include natural approaches to pain management, comfort measures, how partners can help, and more. Lending library, free mother-baby drop-in groups and more. $190/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Newborn Care with Center for the Childbearing Year • June 25, Aug. 27; 9:30 a.m.-4:30 p.m. • This class is designed to guide you through your choices, share strategies, and teach the skills necessary to enjoy breastfeeding and caring for your newborn baby. Take the full day workshop or your choice of breastfeeding basics in the morning and newborn care basics in the afternoon. Learn how to read your baby's hunger cues; how often and how long to nurse; latch and positioning; back-to-work planning; pumps and equipment; and more. Newborn care topics include diaper options and techniques to calm a newborn; safe babywearing; car seat safety; giving baby a bath and more. $135/couple full day; $75 half-day. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • June 10-12 or Aug. 5-7 • This workshop, led by doula business expert and author prepares participants to be professional birth doulas through hands-on, skill-based workshops which fulfills two certification requirements for birth doulas through DONA International. You do not need to be a mother yourself nor have a medical background to become a doula – just a passion for birth and desire to be in a support role to moms. $520 ($470 early registration). Call for times at 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics for Doulas with Barbara Robertson • June 19, 6-9:15 p.m. • This workshop presents the latest evidence-based breastfeeding support from a lactation educator. This class will enhance the doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. $70 ($55 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula Monthly Teleseminar with Patty Brennan • May 2, June 6, July 11, Aug. 1; 8-9 p.m. • This interactive teleseminar is designed to explore whether or not becoming a doula is right for you. Doula business expert and author of *The Doula Business Guide* will host this free conference call for anyone wanting to learn about doula training, career paths, the "on-call" lifestyle, blending doula work and family life, the viability of doula business, and more. Free. Preregister at 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar Section on page XXXX. This section is devoted to events and classes for children, young adults, and families.

Using Stones for Empaths with Jennifer Vanderwal • June 12; 11 a.m.-1 p.m. • This workshop helps partiicpants identify what it means to be an empath and discusses various crystals and techniques to help empaths deal with the outer world. Great class for kids. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Using Stones to Enhance Our Psychic Abilities with Jennifer Vanderwal • Aug. 14, 11 a.m.-1 p.m. • Participants will learn the various stones that can be used for psychic enhancement. Discussion topics will include crystal healing arrays, affirmations, colors, aromatherapy, herbs, feng shui, and elixirs. Includes a guided meditation. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

> ***If you want to fly, give up everything that weighs you down.***
>
> —Buddha

Death and Dying

Death Cafe with Merilynne Rush and Diana Cramer • May 21, June 18, July 16, Aug. 20; 10 a.m.-1 p.m. at Crazy Wisdom Community Room • Eat cake, drink tea, and talk about death. Conversation led by participants with no agenda other than to listen and share. All are welcome. Free. Call Merilynne at 395-9660; mmrush@afterdeathhomecare.com or afterdeathhomecare.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • May 2, 12-1:30 p.m. • Cultivate inner peace during and after divorce using a process that focuses on the gifts in any situation. This seminar is designed to help participants find hidden blessings and move into joyful power. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Dreamwork

Healing and Wholeness through Active Dreaming with Robert Moss • May 14-15 • This workshop will help participants work with personal imagery and change the images in positive ways to create a new blueprint for the body that will honor healing journeys through spontaneous ritual, art, storytelling, performance, and games. The group will grow the sacred space and compassionate circle energy to bring the dream to someone who needs to dream. $275. Call Julie at 478-0160; info@dreamingjulie.com or mossdreams.com.

The Way of the Kairomancer: A Path of Everyday Magic with Robert Moss • May 13 • Kairomancy means divination by special moments and will help participants recognize the special moments when synchronicity is at work and seize on the revelation or opportunity that is available in order to bring the magic of dreaming in another world to this world. $35 ($30 in advance). Call ShuNahSii at 761-9148; shunahsii@insacredbalance.com or insacredbalance.com.

Drumming

Drummunity Circle with Lori Fithian • May 25, June 20, July 26, Aug. 25; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

Energy Healing

Learn EFT with Melanie Fuscaldo • May 3, 12-1:30 p.m. • This workshop shares a powerful tool to use anytime to improve health, career, abundance, relationships, retirement, and more. It will help participants release energy blockages that are not life enhancing and increase what they choose to enhance with joy in life. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Healing Touch Certificate Program, Level Two with Barb McConnell • May 21-22, 8:30 a.m.-6:30 p.m. • Completion of Level One required. Review Level One plus learn back techniques and spiral. Emphasis on developing healing sequence for specific needs. 17.5 CEs for nurses and massage therapists. $275 plus $15 workbook. Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program, Level Three with Barb McConnell • July 23-24, 8 a.m.-6 p.m. • Completion of Levels One and Two required. Learn to increase energy level to facilitate deeper healing in clients. Chelation, lymphatic drain, and additional back techniques are part of this level. 17.5 CEs for nurses and massage therapists. $275 plus $15 workbook. Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program, Level Five with Barb McConnell • June 23-26; 8 a.m.-6 p.m. • Completion of Levels One through Four required. This program completes the certificate program of Healing Touch Practitioner and prepares the practitioner for National Certification as a Certified Healing Touch Practitioner. 25.5 CEs for nurses and massage therapists. $450 plus $150 R&B. Call 517-914-4133; mcconb51@bigplanet.com.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:15 p.m. • The Sun Shen Internal Cultivation and Healing System is an intimate, hands-on form that is an integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. $300/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Sun Shen Chi Clinic with Joanna Myers and Alexis Neuhaus • Mondays-Thursdays, 2-3 p.m.; Fridays, 12:30-1:30 p.m. • The Chi Clinic was founded to support individuals in person or remotely to help them feel centered, rested, focused, and energized. This modality is designed to provide a sense of wholeness from the inside, deep healing, mental stability, and ability to reach full potential. $100/month; first week free. Call Alexis at 845-9786; alexis@sunshen.org or chiclinic.org.

Enneagram

Enneagram: An Aid to Spiritual Growth with Su Hansen • May 19, 7-9 p.m. • The enneagram is a useful ally to spiritual growth, no matter what the tradition. It is a tool that can help relax the ego so that spirit can shine through and can also help illuminate the spirits of fellow humans while navigating the ego. This introduction will provide insight for immediate use and provide a start for further study. $20. Call 417-8397; su@suhansen.com or suhansen.com.

Crazy Wisdom
Tea Room Readers

Tarot • Psychic • Intuitive
Astrology • Palmistry

No appointment needed
Readings $1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
klbloch@hotmail.com

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
and 1st and 3rd Sundays 12-3 p.m.
ReadingswithGail.com - 313.655.7694

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, 3-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Intuitive Readings with Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com.- 717-8513

Crazy Wisdom Bookstore & Tea Room
114 S. Main St, Ann Arbor - 734.665.2725

Spiritual Emergency:

It’s Not All Falling Apart But Forever Together

By Austin Szelkowski

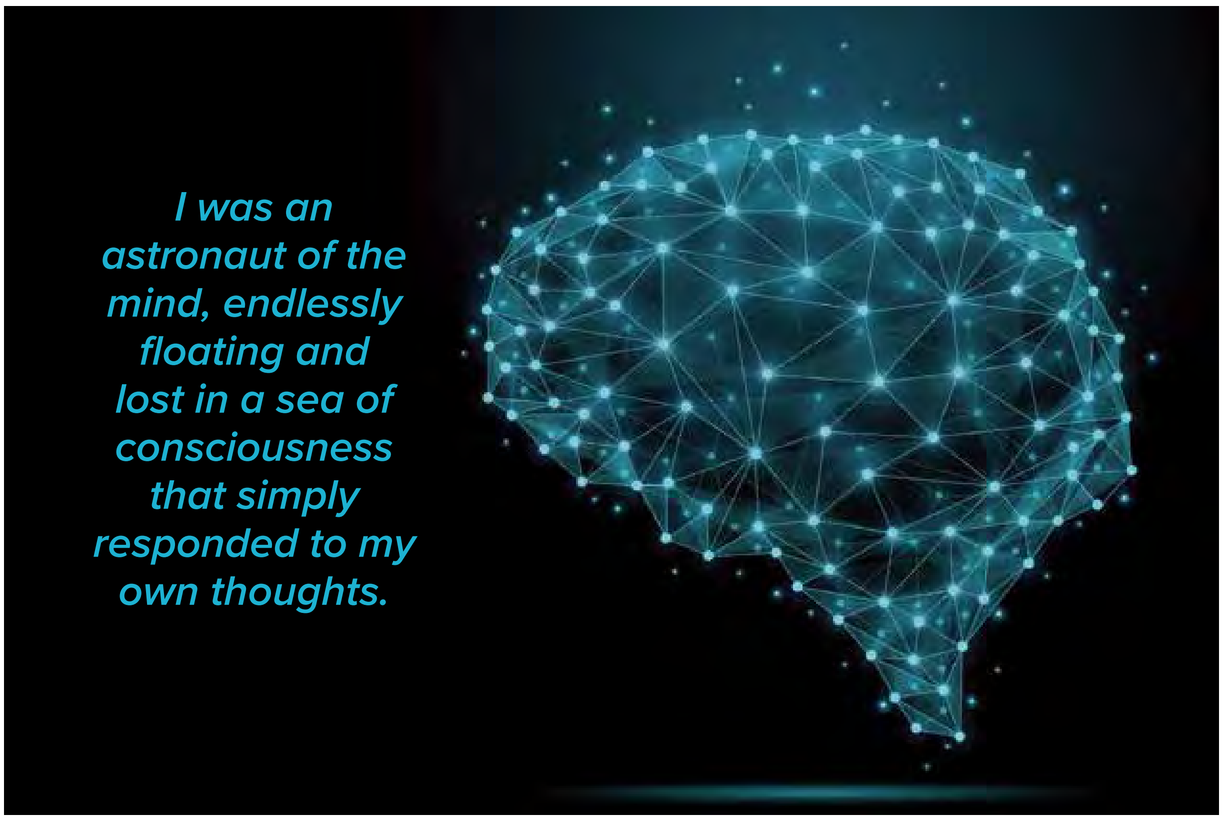
From the recollections of Austin Szelkowski on the day he fell apart . . .

The Story of My Death

The vortex of energy in my chest swelled so powerfully that I could hardly believe Haley could not feel it as she lay next to me in the bed. I writhed in absolute terror, oppressed from every angle. There was no escape from this abyss I’d discovered because there was no escape from myself.

I had manifested and attracted this whole thing, this whole world. All of existence was one thought away from imploding, and deep down, I couldn’t find a single reason why any of it should ultimately matter. If everything and everyone in my reality was simply a product of my own manifestation, then it was inescapable: There was no one else. Everything and everyone I thought were real were nothing more than an elaborate illusion.

I was face to face with the knowledge I’d been hiding from my entire life: I was forever and completely alone. I always had been and always would be. Pitifully, I slid my hands under Haley, who lay next to me in the bed. Maybe just feeling her warmth could somehow convince me that she was real, a real being, who had a heart, mind, and soul of her own. But how could she? If I was manifesting all of this, even she was just a figment of my imagination. Charming, beautiful, and sweet. But an illusion just the same.



I was an astronaut of the mind, endlessly floating and lost in a sea of consciousness that simply responded to my own thoughts.

All of existence was one thought away from imploding, and deep down, I couldn’t find a single reason why any of it should ultimately matter.

I writhed and groaned again, fully feeling the weight of infinite power — the ability to create, destroy, and *forget* entire worlds.

“Just try to sleep. It’ll be ok. You don’t need to solve all of this tonight.” Haley was rubbing my head and trying to help calm the storm of fear raging there.

“I know… I want to. I-I just don’t know how to… I-I can’t keep this all together… I just can’t. I don’t want it all to be chaos… I need something. I can’t… I just need to sleep.”

In that moment I would have given anything just to know that something, *anything,* was real and had substance. As I looked into the chaotic abyss within my mind, I finally came to the only possible conclusion: I had to accept it. All of life and existence were illusion. The Daoists and the quantum physicists had hinted at it, but since they themselves were not real, I suppose it was me who knew all along. I was an astronaut of the mind, endlessly floating and lost in a sea of consciousness that simply responded to my own thoughts. Not God, but not quite human either.

With my last defenses finally defeated, the awareness of infinite aloneness and separation finally slipped in, uncontested. It was a true experience of hell. I felt my mind finally collapse under the infinite weight. Everything I had been up until that moment in my life finally died. There was no place to run from myself, and infinity was too big to hold on my own. Time stood still for what might have been thirty seconds or a million years, as I floated through what felt like “the void.”

Then suddenly, I saw the chaotic lines of energy that had come from my broken mind converge to a single point that looked eerily like a journal doodle from two months before. Out from that point, even more suddenly, exploded a colorful array of beautifully arranged energy lines. I stared, stunned, as I realized I was watching what could best be described as a recording of the birth of existence itself.

Then, more conscious and awake than I had ever been, I sat up in the bed next to Haley and blurted a word that felt like it had been implanted into my mind.

“Einstein!”

“What?” Haley asked, half asleep and confused by my outburst.

I felt as though the pen was alive and revealing truths hidden since before the dawn of humankind.

“Einstein was right! Holy shit! Einstein was right!” I blurted as I leapt from the bed and ran across the apartment to the kitchen, leaving Haley bewildered. I needed something to write on and something to write with — I didn’t care if it was a marker — and I had to write on the walls! This thought was too important. It could not be lost, or I would be lost. I wasn’t quite sure what it would say, but I knew a deeper truth was about to burst out of me.

The hero’s journey returns him to solid form.

Thankfully, saner heads prevailed, preventing me from carving my truth into the walls, and I found a pen and a notepad before beginning to write feverishly. I felt as though the pen was alive and revealing truths hidden since before the dawn of humankind. I stared in awe, hope, and wonder as the pen, in CliffsNotes format, wrote the only thing that could possibly save me from this nightmare.

“There is a deeper truth. Quantum mechanics is not the deepest layer of reality. Einstein was right. God exists. Greater stability after each singularity. Teach this, and you will feel and be whole. There is wholeness and goodness in the world, and impermanence exists only on the fringes. The hero’s journey returns him to solid form.

I am not crazy.”

I went on to fill 19 notepad sheets with explanations of my new awareness of truth. I should mention that I was clearly just writing the CliffNotes, as so much wanted to pour out all at once. In fact, it is still trying to pour out to this very moment.

Einstein was never known to have directly asserted “God exists!” Yet he and I shared an intuition and an awareness of infinite and perfected order. He called it “determinism,” I call it “nonchaos.” I would later learn just how well this infinite order converged, inescapably, into a transcendent and loving being that we humans call “God.”

As I walked back and lay down next to Haley, I was surprised to see just how in order my head suddenly felt. I hadn’t slept in 44.5 hours, and should surely have been on my way to psychosis, but I felt like I had just stepped out of a lifetime of it. I lay in bed and observed how it felt to feel my mind mend itself back together. Without the weight of holding all of existence together, everything seemed to plop so easily back into place as to make the whole ordeal seem like a laughing matter. Yet, everything was different, forever changed.

I remember the tune of “Shine” by Collective Soul running through my head as I physically felt the energies of my thoughts converge into a new and steady whole again. It seemed to be one final wink from the universe, since that song was so connected to the start of this little trip over 40 hours earlier. If your mind has never fallen completely apart, you cannot begin to appreciate the sheer gratitude and beauty of the experience that goes along with it falling back together.

Together.

That was it! The whole universe was not falling apart after all, and neither was I. On the contrary, it was all falling together. Forever, wonderfully, and perfectly together. Now, I simply needed to let everyone else know the wonderful news.

Why I Shared This Story with You — You're Not Alone in Spiritual Transformation

What you just read is a recounting of the climax of the intense spiritual awakening and spiritual emergency process I experienced in late June of 2014. The entire process lasted for three days and directly coincided with the Summer Solstice. Though the content of my experience is unique to me, I know that many of you have also experienced dramatic spiritual transformations. Some may have lasted only a few days, and some, years. Perhaps you are in the middle of one now?

> I hadn't slept in 44.5 hours, and should surely have been on my way to psychosis, but I felt like I had just stepped out of a lifetime of it.

To some extent, anyone who is struggling to understand and integrate spiritual awareness into a spiritually sleeping world is constantly in spiritual emergency. Our numbers are growing, but we need help. What we need is each other.

Though the term "Spiritual Emergence" was approved for the DSM4 in 1993, modern psychiatric care is just now beginning to wake up to appropriate treatment options for this phenomenon. Even now, most people who visit a psychiatric facility in the Western world are not likely to encounter a practitioner who knows of, understands, or is equipped to care for spiritual emergence. This means that various diagnosis of psychosis, including schizophrenia, are quite often given, and standard treatment usually involves administration of antipsychotic drugs.

> Drugs and doctors are not the problem. In fact, they often are truly needed. Instead, the lack of support to process and reintegrate the spiritual content is the problem.

The unfortunate outcome of this "one size fits all" approach to care is that many, if not most, people who receive standard psychiatric care for intense symptoms of spiritual emergency are unable to fully integrate the knowledge and experience of the transformation. In a sense, many are left half or fully broken. Drugs and doctors are not the problem. In fact, they often are truly needed. Instead, the lack of support to process and reintegrate the spiritual content is the problem.

Returning to my story for a moment, I consider myself lucky. I intuitively knew exactly who should care for me during my process. I also was fortunate enough to find a wonderful and gracious spiritual advisor and coach following the most intense part of the experience. She helped me to unfold the spiritual content piece by piece. I know many people are not so fortunate. Even in my case, I would spend the next 12 months facing the daunting task of purging and recalibrating every part of my entire life.

My return back into the world after my transformation was a humbling time of many trials. It involved the surrender of my ownership in two companies, as well as shutting down another, because they didn't resonate with me anymore. Not surprisingly, this resulted in financial hardship and humility. In addition, for 12 months following the awakening, I faced profound inner isolation, deep psychological and spiritual battles, a surrender of my habit of eating meat, and the total release of a former mindset toward human relationships. In short, it was a total reboot of my life. It was only through the grace of divine and earthly support that I made it through.

> *Though the term "Spiritual Emergence" was approved for the DSM4 in 1993, modern psychiatric care is just now beginning to wake up to appropriate treatment options for this phenomenon.*

What We're Doing to Help

Most spiritual transformational experiences are not as intense as the one I just shared with you. The intensity of my experience was in direct connection to my own shamanic path. Nonetheless, each person experiencing spiritual transformation needs the support and guidance of someone who has been there. People don't necessarily need all the answers, but instead, a lamp that can light the path of their too often lonely road of emergence. This is the purpose for which I founded the Ann Arbor Spiritual Meditation Meetup.

> With over 600 members, we've grown a long way from the humble little group of 10 who attended the first meeting in January of 2015.

The group provides spiritual seekers, newbies, and masters alike a place to explore new ideas and energies through guided meditation. More than this, however, it is a place where people can find a sense of home on the often lonely path of spiritual transformation. The deepest truth discovered in my own emergence is also the heart and core of what we are building together: a sense of home — a place where you can know, absolutely, that you truly never are and never will be alone. There is no such thing in all of consciousness as "being alone."

Austin Szelkowski
Organizer of the Ann Arbor Spiritual Meditation Meetup

With over 600 members, we've grown a long way from the humble little group of 10 who attended the first meeting in January of 2015. I believe the rapid growth of the group is a testament to the growing need for support systems and community for people on a path of spiritual exploration, whether that path includes emergencies ("peak experiences") or not.

If you are seeking such a community, if you're interested in meditation, or if you are simply seeking a place that feels like home, come join us. If your road is dark, we'll walk with you and teach you how to find the light within.

> There is no such thing in all of consciousness as "being alone."

Austin Szelkowski grew up as an eccentric boy raised by a kind pastor and his wife in the Midwest. As a young man, he went on to reject the norms of society and wandered on his own for years. During this time, he rollerbladed across a continent and built two successful marketing companies. He continued to grow in his distrust of social and spiritual norms until June of 2014, when a mind-bending spiritual awakening rocked his world and birthed a spiritual movement. He now intuitively provides spiritual guidance, meditation training, and energetic healing to many, drawing from an integrated pool of tools spanning four world religions. He encourages each person to courageously transcend dogma and find his or her unique and internal path toward the divine. He also encourages the life-affirming choice to joyfully embody divine energies in the here and now rather than endlessly seeking ascension or the next life.

He leads the Ann Arbor Spiritual Meditation Meetup, which is held every other Monday in the Community Room at Crazy Wisdom, from 7:15 to 8:30 p.m. Those interested should join the meetup group at: www.meetup.com/ann-arbor-spiritual-meditation-meetup. No meditative experience is required. His website is: www.mindbodyspiritmastermind.com. His email is: aszelkowski@gmail.com.

The Crazy Wisdom Calendar

Festivals and Fairs

Water Hill Music Fest • May 1, 2-6 p.m. • Water Hill Music Fest is a unique neighborhood experience in which neighbors share homemade music with passersby. Enjoy dozens of bands in all styles of music. The Water Hill neighborhood is bounded by Newport, Sunset, Miller, and Main. Free. Contact info@waterhill.org.

Summer Solstice Festival with Breathe Yoga and Robin Hills Farm • June 19, 9 a.m.-5 p.m. • This day-long festival celebrates summer solstice with a 5K ZenTri (run/walk, yoga, meditation), followed by live music, food, vendor and non-profit booths and other family activities including Qi Gong, SUP yoga, coloring, animals, and more. A portion of all proceeds will be donated to two local non-profits. $30 for ZenTri entry, $25/family pass, $10/single pass. Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Intuitives Interactive Biannual Holistic Psychic Expo • June 4-5 • All are welcome for guidance, healing, and learning - now for two days at a new venue. Readers, aura photography, energy work, body work, and more. Vendors with holistic and spiritual products, free presentations in the auditorium, quiet and private reader room with concierge service, and ample free parking. Sponsored by Crazy Wisdom Bookstore & Tea Room and Body Mind Spirit Guide. $10/day pass or $15/weekend pass. Call Amy at 358-0218; metafizzy@gmail.com or intuitivesinteractive.com.

YogaFest 2016: Spirit and Nature Dancing Together! with Song of the Morning • Aug. 4-7 • YogaFest celebrates yoga or unity in all its divine manifestations. From devotional kirtan and breath-based asanas to heart-opening meditations and self-expanding workshops, YogaFest seeks to transform all who come. $140-$160/weekend; $30-$55 for day passes. Call Justine at 989-983-4107; yogafest@songofthemorning.org or yogafestmi.com.

Film

Free Films and Discussion at Jewel Heart • 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and film. Free. (Concessions available for an additional cost). Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

May 20 • *Infinity, The Ultimate Trip* (2009) • This documentary brings a message of hope and optimism concerning the most mysterious act in human life: the end of this life and the journey to the beyond.

June 24 • *Seeking a Friend for the End of the World* (2012) • As an asteroid nears Earth, a man finds himself alone after his wife leaves in a panic. He takes a road trip to reunite with his high school sweetheart and a neighbor who puts a wrench in his plan.

July 29 • *Being John Malkovich* (1999) • A puppeteer discovers a portal that leads literally into the head of the movie star, John Malkovich.

Aug. 26 • *Synedoche, New York* (2008) • A theater director struggles with his work and the women in his life as he creates a life-size replica of New York City inside a warehouse as part of his new play.

Fundraisers

July Book Sale with Friends of the Ann Arbor District Library • July 30-31 • Book sale at the Friends of the Ann Arbor District Library Book Shop to support the library and summer programs for children. Free. (Books usually $1-$2). Call Melanie at 252-425-4247; melaniebaldwin89@gmail.com or faadl.org.

Annual Golden Lotus Spring Banquet with Golden Lotus Teachers • May 14 • The evening, which benefits Song of the Morning, will include dinner, fellowship, and spiritual refreshment. Guest speakers Gary Saks and Jeff Waltz, both long time GLYTA teachers and students of Yogacharya, will share wisdom and stories, while Dorothy Stingley will guide the evening as master of ceremonies. $80 ($55/students). Call Justine at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 121.

Healing

Healing by Walking with the Heart with Susan Gale and Colleagues from A Place of Light • May 14-15, 9:30 a.m.-4:30 p.m. • This workshop offers healing techniques achieved through experiencing oneness. This way of life, which is the way of all indigenous peoples, incorporates healing in all actions, words, and thoughts, and knowing that all things are sacred. Herbs for smudging, stones, votive candles, and other tools will be used in this experiential event. $345 ($295 before April 22). Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Drop-in Healing Night • First Mondays, 7-9 p.m. • Practitioners of body work, energy work, medical intuition, and other alternative healing modalities are welcome to offer their services while those seeking healing are invited to drop in. The goal is to help people feel better affordably, as well as to provide an opportunity for practitioners to practice their healing modalities. Donations from healers and clients accepted. Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Healing Night with Lighthouse Center • Third Thursdays, 7:30-9 p.m. • Meditation from 7:30-8, followed by Reiki healing, provided by healers from Lighthouse Center. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

~~**Community Book Discussion with Ann Arbor Center for Mindfulness and Michigan Collaborative for Mindfulness in Education • Mar. 11, 7:30 p.m. at Crazy Wisdom Community Room •** Join like-minded others to discuss Fred Luskin's *Forgive for Good* in preparation for his upcoming training in Ann Arbor, May 6-7. Research has documented the medical benefits of practicing forgiveness, leading to more effective approaches to life's suffering. Free. Call Mary Ann at 476-5690; maryannmor@gmail.com or aacfm.com.~~

Clair-Ascension Kabbalistic Balance Divine Original Vibration Embodiment Workshop with Karen Greenberg • Three Fridays, beginning May 6, June 17, July 8, or Aug. 5; 10 a.m.-6 p.m. • Participants first learn to identify and repattern a client's limiting beliefs, thoughts, and patterns, and then assist them in expressing any commensurate low vibrational emotions through the tree of life and kabbalistically balancing a client's energy. Techniques will include art, movement, music, toning, sound, aromatherapy, gemstones, and more. $777 (plus materials fee). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Heartmath with Melanie Fuscaldo • May 5, 12-1:30 p.m. • This workshop will bring harmony to the brain, heart, and nervous system to benefit health, deepen creativity and intuition, and strengthen problem-solving abilities. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Holy Fire Reiki Classes: I, II, and Master Levels with Maryann Davis and Jan Perry • Dates TBD • Holy Fire Reiki classes in levels I, II, and Master will be offered depending on interest. Please call for more information. Call 517-547-7568; jsperry@gmail.com

Medicinal Medicine Field Day and Formulas with Mary Light • May 21, 9:30 a.m.-3:30 p.m. • Go on a field walk (weather permitting) to identify and gather spring medicinal and nourishing herbs. Class discussion covers herbal formulas as applied to nourish and strengthen body systems. Dress appropriately for the weather and bring a bag lunch. $75 (please preregister on website). Call 679-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Herbs, Plants, and the Garden

Wait! Wait! Before Pulling the Weeds, Learn Which Ones are Edible and Healing with Nia-Avelina Aguirre • June 11, July 23; 9-11 a.m. • This workshop will help participants learn which plants and wildflowers are edible and healing, as many are packed with nutrients that may make common produce items look rather anemic. $30 (includes handouts). Call 883-7513; niaaguirre.nd@gmail.com.

Foraged Brunch with Deanne Bednar • May 14, 10 a.m.-3 p.m. • Participants will experience the joy of foraging wild food from woods, meadows, and the surroundings of Strawbale Studio. Brunch will be from the group's foraging plus local eggs: salad, omelet, sourdough wraps, and tea. Stay after class for a free natural building tour and free plans to take home. $45 ($35 before May 7). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Edible Ornamental Garden Design with Bridget O'Brien • May 23, 7-8:30 p.m. • Combining traditional landscape design and edible forest garden design, this workshop presents a collection of aesthetically pleasing, unusual, and tasty plants that can fit into existing or future landscape plantings. Bring photos, maps, sketches, or blank paper for visioning in order to work together to dream up a design. Free. Call 829-2645; botanicaldesign@gmail.com or RootedLoveFund.org

No-Till Gardening Solutions with Bridget O'Brien • June 6, 7-8:30 p.m. • Beyond the roto tiller or tractor, it is possible to plant perennial or annual gardens without turning the soil time and again. This class provides multiple approaches to no-till gardening, which saves time and enriches the soil. Free. Call 829-2645; botanicaldesign@gmail.com or RootedLoveFund.org

Activities at the Michigan Folk School

The Michigan Folk School provides educational programs in the traditional folk arts. Upcoming course topics include blacksmithing, backyard chickens, permaculture solutions, cheesemaking, wild crafting, spoon carving, and more. For a complete list of programs, visit www.mifolkschool.com. Pictured above (from left to right): blacksmithing and students making earth ovens.

Water Wise Garden Design with Bridget O'Brien • July 11, 7-8:30 p.m. • Permaculture offers many solutions to a single problem when it comes to watering the landscape. This workshop will explore xeriscaping, which is landscaping and gardening that reduces or eliminates the need for supplemental water from irrigation and will provide tools that participants can implement right away. Free. Call 829-2645; botanicaldesign@gmail.com or RootedLoveFund.org

The Fermentable Harvest with Bridget O'Brien • Aug. 22, 7-8:30 p.m. • When faced with a bumper crop of fruit and vegetables, preserving and sharing the harvest is key. This class will look at many easy-to-grow crops for this region and a variety of ways they can be preserved through fermentation. Samples and recipes provided. Free. Call 829-2645; botanicaldesign@gmail.com or RootedLoveFund.org

Holistic Health

Meet the Mind-Body Connection with Gyrotonic Tree Town and Pilates Loft Studio • May 10, 7:30 p.m. • In this interactive workshop, participants will discover how thoughts, beliefs, and emotions can affect the muscles, bones, and organs. Through exploring inner lines of communication, the workshop will also cover relaxation techniques inspired by healing modalities like yoga, Reiki, and reflexology that honor these influential connections. $10-$20 suggested donation. Call Robin at 274-9482; robin@aurily.com or gyrotonictreetown.com.

Holistic Heath Lectures with Shannon Roznay • 7 p.m. • This series will provide information on a variety of natural health approaches to health challenges. Free. Preregister with Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.
Detoxify • May 11 • This workshop will help participants learn to get on the right track and recover from overindulging through a 21-day challenge.
Healthy Shopping Tips • May 23 • This lecture will help participants navigate the grocery store to learn shopping tips and where to find the better quality foods and healthier options.
Anxiety and Depression • June 7 • This lecture presents alternative solutions to handling anxiety and depression in self and others in order to lead a healthier and happier life.
Increase Your Energy Now • July 11 • This lecture provides healthy ways to have improved or more stable energy throughout the day without slumps in energy levels.
Digestive Health • July 27 • This lecture will explore how symptoms like acid reflux, constipation, and diarrhea can all be symptoms of digestive track problems and will present the basics of getting and keeping digestion on track.
Stressed Out?! • Aug. 10 • This workshop will present dietary changes that can calm the nerves, improve sleep, restore energy, and help relieve anxiety and lack of motivation.
Win the Sugar War • June 29, Aug. 22 • Participants will learn how to reduce sugar cravings and win the war on sugar, which may be the most important health decision one can make.

Making Plant Medicines Part II with Mary Light • May 7, 9:30 a.m.-3:30 p.m. • This hands-on workshop will teach how to be independently healthy, covering extracts, tinctures, electuaries, medicinal powders, and herbal first aid with samples to take home. Bring a bag lunch. $75 (please preregister at website). Call 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Colon Hydrotherapy (Colonics) for Holistic Health with Brandy Boehmer • May 25 • The benefits, contraindications, and history of colon hydrotherapy will be discussed as participants learn the difference and benefits of the different types of equipment used for the procedure, as well as the essential oils that can be used for digestive and holistic care. Free. Call 709-8313; blissholistic@yahoo.com or bioenergydetoxcenter.com.

Inflammation and Arthritis: Herbal Remedies That Help with Linda Diane Feldt • May 17, 7-8:30 p.m. in the Crazy Wisdom Community Room • This workshop will share what herbal remedies can help the body's systems with these challenges, as well as what foods can assist and which foods can make things worse. Free. Cosponsored by People's Food Co-op of Ann Arbor. Call David at 520-343-5976 or Linda at 662-4902; outreach@peoplesfood.coop, ldf@lindadianefeldt.com or peoplesfood.coop.

Foraging in Nature with Linda Diane Feldt • July 19, 7-8:30 p.m. in the Crazy Wisdom Community Room • This workshop will provide information and tips for how to forage in a safe way to have fun and make it part of everyday life. Topics will include what to look for, where to go, and how to prepare the harvest, as well as toxic and dangerous plants in this area. Free. Cosponsored by People's Food Co-op of Ann Arbor. Call David at 520-343-5976 or Linda at 662-4902; outreach@peoplesfood.coop, ldf@lindadianefeldt.com or peoplesfood.coop.

Creating an Herbal First Aid Kit with Linda Diane Feldt • June 21, 7-8:30 p.m. in the Crazy Wisdom Community Room • This workshop will share how to make your own herbal first aid kit, including quick, easy, safe, and effective mosquito repellents. Free. Cosponsored by People's Food Co-op of Ann Arbor. Call David at 520-343-5976 or Linda at 662-4902; outreach@peoplesfood.coop, ldf@lindadianefeldt.com or peoplesfood.coop.

Water: Mysteries, Greed, Health with David M. Hall • June 14, 7-8:30 p.m. in the Crazy Wisdom Community Room • This open discussion and informational session will share research and understandings about water, a timely subject given the situation in Flint. Participants will leave with simple tips on how to adjust relationships with water in the home, the landscape, and in health habits. Free. Cosponsored by People's Food Co-op of Ann Arbor. Call David at 520-343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Introduction to Pal Dan Gum Qigong with Antonio Sieira • May 12, 10 a.m.-12 p.m; May 26, June 14, July 13, Aug. 17; 6-8 p.m. • This workshop introduces the eight silken movements of Pal Dan Gum Qigong that have been used for thousands of years to promote health and cure disease. Participants will engage in moving meditation where the body learns to move in a mindful and graceful way that releases stress and reenergizes the body. $40 (after completing two session, attend a one-hour practice session for $20). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Access Bars with Dave Krajovic • July 31, 9 a.m.-4 p.m. • This workshop presents a system of releasing old beliefs through 32 points on the head that can free participants and help them tap into unlimited potential and become a BARS practitioner. $300 ($150 for repeaters). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Restore the Core with Vikki Narayan • May 23, 6-7 p.m. • This workshop will teach about how to have healthy gut balance and shares how a healthy core is the foundation that helps the body fight off toxins and illnesses, and boost immunity. $15. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Enjoying Abundant Health with Ayurveda with Vaidya Raj • June 25, Aug. 27; 6-8 p.m. • This workshop will present information on doshas and reveal specific dietary changes designed to improve health and well-being. Participants will learn how simple herbs and acupressure points can influence well-being. $55. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com..

The Crazy Wisdom Calendar

Hypnotherapy

Self-Hypnosis with Holistic Hypnotics • June 6, 7-9 p.m. • This workshop will share how to introduce positive changes through the power of the subconscious mind, as well as the benefits of hypnosis. Participants will undergo a hypnotic induction, learn how to hypnotize themselves, and personalize the process to achieve specific goals. $29. Call Heidi at 788-6478; heidi@holistichypnotics.com or holistichypnotics.com.

Past Life Regression with Holistic Hypnotics • Appointments from May 1-31 • Mercury retrograde is an opportune time to meditate and work with hypnosis, especially for those interested in past lives. Throughout May, participants will receive a $20 discount on all past-life regressions. $60 (discounted price). Call Heidi at 788-6478; heidi@holistichypnotics.com or holistichypnotics.com.

Intuitive and Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler at Crazy Wisdom Tearoom • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. $1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tearoom • First and Third Sundays, 3-6 p.m. • $1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Intuitives Interactive with Amy Garber • May 1, 15, June 19, July 3, 17, Aug. 7, 21; 2:30-5 p.m. • This group is designed for intuitives, indigos, empaths, and seekers wishing to explore metaphysical topics with like-minded individuals. The sessions will include exercises, demonstrations, sharing, and social time. Donation requested. Call 358-0218; metafizzy@gmail.com or intuitivesinteractive.com.

Teleconference: Seven Planes of Consciousness Practice Session with John Friedlander • May 18, June 15, July 20, Aug. 17, 8-9 p.m. • This workshop is a continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the early 1900s. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • May 24, June 21, July 26, Aug. 23, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander •May 1, June 5, July 3, Aug. 7; 10 a.m.-12 p.m. • The development of sustained focus meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. $15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Spiritual Energy Exploration Weekend Webinar with John Friedlander • July 23-24 • Webinar and teleconference only to explore etheric, astral, and mental plane energies. More information on the website. $275. Contact Gilbert at gChoud@yahoo.com or psychicdevelopment.cc or psychicpsychology.org.

Intuitive and Sensitive Children Gathering • May 9, June 13, July 11, 1-3 p.m. • Parents of intuitive and sensitive children will come together and discuss experiences, find encouragement, and learn techniques to help the children flourish. Children welcome; healthy snacks and activities will be provided. Donation requested. Call Christina at 968-9723; christinadepugh@gmail.com or enlightenedsoulcenter.com.

Psychic Development 101: Self Discovery with Crystal Moon Paranormal • Thursdays, June 16-July 7, 7-9 p.m. • This workshop will share how to elevate and trust intuition through hands-on experience using meditation, crystals, scrying, and more. Remedies to counteract physical inhibitors will also be shared to raise the vibration of participants and start them on the path of self-discovery. $90 (includes materials). Call Heidi at 788-6478; heidi@crystalmoonastrology.com or crystalmoonastrology.com.

Psychic Development 201: Mediumship with Crystal Moon Paranormal • Thursdays, July 14-Aug. 11, 7-8:30 p.m. • This class continues from Psychic Development 101 and strives for higher levels of awareness. Hands-on experience continues with channel writing, psychometry, and receiving messages from spirit. $135. Call Heidi at 788-6478; heidi@crystalmoonastrology.com or crystalmoonastrology.com.

New Moon Mystic Night Goddess Gathering with Tatiana Scavnicky • May 6, 7-10 p.m. • This evening offers meditation, live music, and oracle card readings for group and individuals. Bring a magical notebook and pen. $33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Goddess Gallery Reading with Tatiana Scavnicky • June 11, 6-8 p.m. • Participants will participate in a mystical and inspiring evening as they get guidance and answers for their current issues through intuitive readings, as well as learning from the rest of the group's readings. Includes light refreshments and live meditation music with Mark Watson of Angel Earth Music. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Messages from the Other Side with Jani Cooke • June 12, 2-4 p.m. • Channeled guides, angels, deceased loved ones will provide messages of hope, love, and peace that will help participants live their highest lives. $25. Contact Jani at janicooke@gmail.com or janicooke.com.

Integrative Medicine

***Lifelines to Cancer Survival* with Mark Roby • May 7, 1-4 p.m. at Crazy Wisdom Community Room •** This workshop will share strategies to help cancer patients improve their odds of survival with advanced/cutting-edge technologies and personalized cancer care. Signed book copies available for purchase. Free. Call 248-318-8775; CancerStrategist@yahoo.com or LifelinestoCancerSurvival.com.

Careers and Work Options in the Natural Medicine Field with Mary Light • May 4, 6:30-8:30 p.m. • This seminar shares information on natural medicine and natural health as a service, career, and for personal enrichment. It will define field areas, healing arts effectiveness, and opportunities for training, income, and employment while exploring connections with the medical industry. $15 (please preregister on website). Call 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Iridology

Iridology: Iris Analysis by Constitutional Type with Grace Toth and Carole Florence • May 19, 20; 9:30 a.m.-5:30 p.m. • This class will cover the presenters' method of iridology, which integrates diet, herbal formulas, and lifestyle habits with knowledge about weaknesses, strengths, and disease patterns of each iris constitution. Participants will learn to use simple examining equipment and be offered field work to continue their studies. $250 (please preregister on website). Call Mary at 769-7794; naturopathicschool@gmail.com or naturopathicschoolofannarbor.net.

Life Transitions

Helping Families Strategize to Cope with Aging Members with Linda Steinborn Bender • May 15, 4 p.m.; June 16, 7 p.m., July 10, 2 p.m., or Aug. 11, 7 p.m. • Parents and adult children often struggle to talk about the best way to manage changes that occur due to aging. This workshop will share strategies to help the family system through this time of transition. Free. Call 395-2285; lindabender3680@gmail.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • May 12, 11 a.m.-12:30 p.m. • This workshop will share a process to help open the heart and mind to the gifts of transition for self or a loved one who is experiencing a transition in career, health, retirement, or relationship. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Love and Relationships

Understanding and Managing Emotional Triggers with Joya D'Cruz • Aug. 17, 6:30-8:30 p.m. at Crazy Wisdom Community Room • Being over-reactive, internally or overtly, especially in intimate relationships, can weaken and affect relationships negatively. This workshop will help participants explore the nature of triggers and ways to handle and heal from them. $10-$20. Call 219-2555; dcruzjoya@gmail.com or focusingcenterofmichigan.com.

Kabbalah for Couples with Karen Greenberg • May 15, 3-5 p.m. future dates TBD) • This program is for couples in basically good relationships in which both parties are willing to work to make their relationship even better physically, emotionally, mentally, financially, spiritually, and energetically. The monthly two-hour format enables couples to get more work done in a shorter amount of time. $205 (if one or both have taken beginning Kabbalah). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • July 29, 6-10 p.m. • This workshop helps participants identify and enhance an ideal mate's qualities and presents how to use techniques such as ceremony, meditation, movement, fragrances, elixirs, herbs, metals, colors, altars, and more. Participants learn to work through blockages in order to trust divine order and timing. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Free Temple Gathering to Discuss Sexuality and Consciousness with Leslie Blackburn • May 15, 5-7 p.m. • This regular gathering provides a space for seekers to connect and discuss openly sexuality, consciousness, spirituality, and more. After an opening meditation, a sacred circle will provide a safe space to share and ask questions on intimate topics. Similar to a satsang in the yoga tradition, this circle shares in the talking stick traditions of Native American shamanism. Free. Call 313-269-6719; dakini@mysteryschoolofthetemplearts.com or onespaceconnected.com or MysterySchooloftheTempleArts.htm.

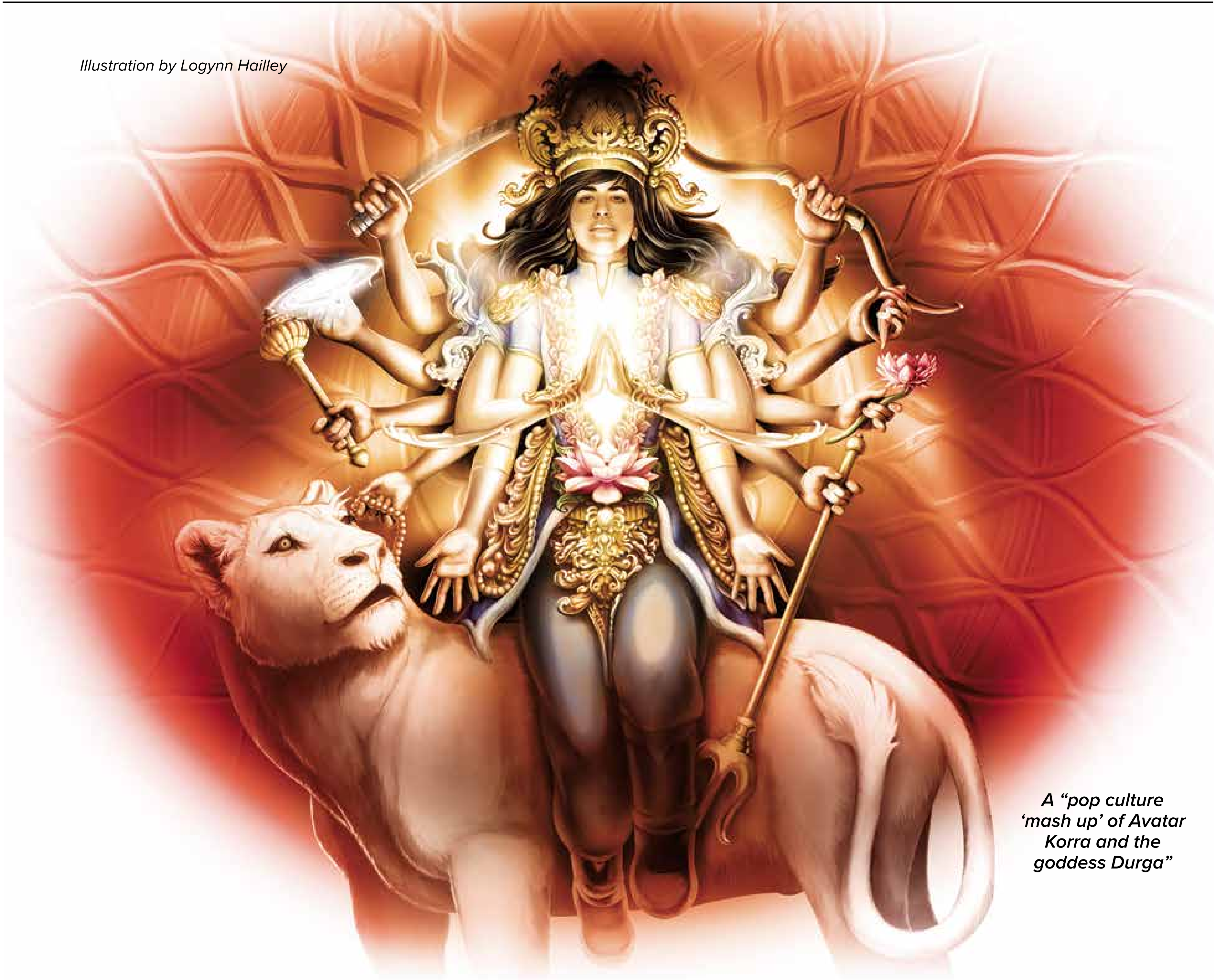


Illustration by Logynn Hailley

A "pop culture 'mash up' of Avatar Korra and the goddess Durga"

Meditation

Group of Forty Monthly Potluck and Meditation with Karlta Zarley • May 7, June 4, Aug. 6; 6:30-9:30 p.m. • Participants can join energies with the international community of Group of Forty to learn to raise and focus frequencies in service to healing the earth and ourselves. Channeled information will also be received by David K. Miller. No experience is necessary. Free. Call 834-1566; kzarley88@gmail.com or groupofforty.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Eight Mondays beginning May 2, 7-9 p.m. (free introduction Apr. 25, 7-9 p.m.) • A secular mindfulness meditation class developed by Jon Kabat-Zinn and colleagues at U-Mass Medical School, this class fosters gentle, non-judgmental awareness of the present moment. Significant research documents MBSR's beneficial effects on stress, pain, depression, and ordinary human suffering. $385 (sliding scale for low income or multiple registrations; includes recordings of guided meditations, handouts, and one-day retreat). Call 476-3070; libbyrobinson7@gmail.com or aacfm.com/mindfulness-class-schedule/.

Ann Arbor Open Meditation • Thursdays, 7:30-8:30 p.m. • Drop-in mindfulness meditation led by many of Ann Arbor's meditation leaders. All levels of experience are welcome for secular meditations, which will mostly focus on mindfulness, though they may include concentration and loving kindness practice. Format is two 20-minute sessions, with the first one always guided and opportunities for questions and discussion in between. Donation requested but optional. Call Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Intensive Meditation with Lighthouse Center • First and third Fridays, gather at 7 p.m.; chanting, 7:30-10:15 p.m. • Chanting and prayer, followed by meditating 20 minutes on each of the seven chakra energy centers. May enter and leave meditation room at any time. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • May 14, June 11, July 9, Aug. 13; 4-6:30 p.m. • Participants will learn how all meditations are good and how thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. $35 ($25/students, $15 to repeat). Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Drop-In Meditation at Kashi Nivas with Atmaram Chaitanya • Tuesdays, 7-9 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation at Kashi Nivas. 40-60 minutes of silent group meditation, japa, or contemplative prayer, followed by refreshments and social time. Free. Call 883-6947; atmaram@kashinivas.org or kashinivas.org.

Heart-Based Meditation Instruction with Carisa Wilder • May 29-30, June 26-27, or July 24-25; 7-8:30 p.m. • Heart-based or effortless meditation is a simple, accessible process through which practitioners are able to go beyond thoughts, feelings, and sensations to cultivate an inner sense of profound peace. It is appropriate for both experienced and new meditators. This class is open to women, girls, trans and gender-nonconforming people. Free. Call Women Safe Health at 477-5100; info@womansafehealth.com or womansafehealth.com.

Siddya Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7 p.m. • Each satsang consists of a reading, video, or audio teaching followed by chanting and meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Mastering Meditation with Kapila Castoldi • May 24, 31, June 7; or June 28, July 5, 12; 7-8:30 p.m. in the Crazy Wisdom Community Room • This three-week introductory meditation series, offered by the Sri Chinmoy Centre, includes topics such as quieting the mind, awakening inner awareness, concentration, breathing, chanting, visualization, exploring a meditative lifestyle, and self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Monthly Three-Hour Meditation with Song of the Morning • May 7, June 4, July 2; 1-4 p.m. • This three-hour meditation includes scriptural readings, including the writings of Paramahansa Yogananda, and sacred chants to access the silence within. Free. Call Justine at 989-983-4107; office@songofthemorning.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • July 18, 6:30-9:30 p.m. • This workshop teaches how to travel safely to the planets associated with the ten sephirot in the tree of life, to become more deeply acquainted with the ten aspects of G-d and how to connect with each energy. The goal of the workshop is to provide access to messages or answers to compelling questions. $72. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The Crazy Wisdom Calendar

Meditation (cont.)

Meditation in Everyday Life with Melanie Fuscaldo • May 10, 12-1:30 p.m. • This workshop teaches how to live meditation in everyday life and increase equanimity, power, creativity, wisdom, and joy. $30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Ancient Sound Healing Gong Meditation Workshop with Billie Wahlen (Mohinder Singh) • May 21, July 19, 6:30-9 p.m. • Participants in this experiential class will meditate with sacred mantras, using sound to activate the energy centers and vibrate to stimulate and awaken higher states of awareness. The group will draw on the energy of the full moon to penetrate the true self (sat nam) to become aware of who we really are. Bring a pillow and blanket to be comfortable. $35 ($25 with preregistration). Call 276-6520; starbillie@gmail.com or facebook.com/kundaliniyogamichigan.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • June 24, 6-10 p.m. • Participants will enjoy a calming and spiritual experience of passing through a labyrinth made of candles. Space will be provided for meditation within and without the walk. Donations accepted. Contact Diane at mail@a2ringstar.com or a2ringstar.com/workshops/labyrinth/.

Sahaja Yoga's Spring and Summer Meditation Meetups • May 5, June 2, 9, 16, 23; 6:30-7:30 p.m. • Sahaja Yoga meditation is meant for everyone who desires to find their true self, which is full of peace, joy of life, and love for others. This form of meditation was developed by Shri Mataji Nirmala Devi and is practiced in over 80 countries. Free. Call Vic at 363-8423; vic@meditatewith.us or meetup.meditatewith.us.

> *The bad news is you're falling through the air, nothing to hang onto, no parachute. The good news is there's no ground.*
>
> —Chogyam Trunga Rinpoche

GOM Practice Weekend with Jewel Heart Instructors • July 8-10 • GOM, or concentrated meditation, is an essential tool to develop peace, joy, and the power to deeply understand wisdom. Offered according to the Tibetan Buddhist tradition, the weekend will include practice sessions with light guidance with silence maintained between sessions, sitting, and walking meditations. Donations welcome. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays, May 1-Aug. 28, 8:30-9:30 a.m. • Facilitators will provide basic guidance to all levels of experience with multiple concentration meditation sessions using the breath as the point of focus. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Mudras, Mantras, and Meditation with Nia-Avelina Aguirre • Session One: Thursdays, June 2-30, 6:30-7:30 p.m.; Session Two: Thursdays, July 14-Aug. 11, 6:30-7:30 p.m. • This calming, relaxing, and meditative class will utilize powerful hand positions and positive sounds for creating greater balance in life. $75. Call 883-7513; niaaguirre.nd@gmail.com.

Introductory and Ongoing Meditation Instruction with Dorothy Anne Coyne • May 14, 1-4 p.m. • An introduction and ongoing instruction to insight/mindful meditation with no experience needed; all levels welcome. Wear comfortable clothes. Cushions and chairs provided. $30/class. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Sunday Group Meditation • Sundays, sitting meditation, 5-6 p.m.; mindful sharing, 6-6:30 p.m. • Sitting meditation with no instruction. Please enter and depart in silence. No experience necessary. Donations welcome. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Pure Meditation Foundation Series for Adults with Self Realization Meditation Healing Centre • May 7, 20, Aug. 6; 3 p.m.; or July 9, 16, 23, 30; 9:30 a.m. • This course is designed to help practitioners conquer stress, improve concentration, and find inner peace. The workshop, of value in all walks of life, includes a book and follow-up appointment, and is also available by private appointment, for children, and by Skype. $60 (3 weeks) or $80 (4 weeks) (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Pure Meditation Course including Raja-Kriya Yoga • June 30-July 6 • This course is intended to help participants find and live their true spiritual selves through finding the God-Within. Course practices will help participants master the mind and energies in today's challenging world. $765 (includes shared room and all meals; bursary and private rooms available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Mindfulness-Based Stress Reduction Informational Session with Paulette Grotrian • May 4, 6:30-7:30 p.m. • This session introduces Mindfulness-Based Stress Reduction, a course developed by Jon Kabat-Zinn at the U-Mass Medical School in 1979. Studies show that MBSR can reduce stress and anxiety, improve chronic pain, sleep, health, and well-being. Free. Call 276-7707; mindfulnessswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Deepening Mindfulness Meditation with Paulette Grotrian • Three Thursdays beginning May 26, 11 a.m.-1 p.m. • This series reviews the basics of mindfulness meditation as a health care practice, and a way to slow down, improve focus, and think more clearly: basic mental fitness. This series will help deepen a formal practice and concentration, cultivate mindfulness in everyday living, and explore compassion for oneself and others. $150. Call 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Day of Mindfulness with Paulette Grotrian • June 18, 10 a.m.-3:30 p.m. • This day retreat is modeled after one developed by Jon Kabat-Zinn, who developed the Mindfulness-Based Stress Reduction course at the U-Mass Medical School in 1979. The day will include sitting meditation, walking meditation, body scan, mindful movement, and mindful eating, along with instruction and inspiration for self-care, rest, renewal, and healing. $50 ($40 for repeaters). Call 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

If You Can Breathe, You Can Meditate! A Workshop with Joan Wolf • May 7, 2-4 p.m. • This workshop will present the benefits of meditation, and the how, when, and where of practice. Three styles will be introduced: meditation on the breath (Vispasana), walking meditation, and guided meditation. For beginners and experienced practitioners alike. $5-$10 suggested donation. Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Deepening Awareness with Jewel Heart Instructors • Wednesdays, June 15-Aug. 3, 7-8:30 p.m. • Meditation practice helps participants become more aware of how thoughts, feelings, and sensations open the door to understanding the nature of the mind and how it influences experience. $80 (members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Karlta Zarley, RN, CHTP
Certified Healing Touch Practitioner

- Healing Touch Energy Work
- Multidimensional, Intuitive and Transformational Healing
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- Spiritual Direction
- Flower Essence Master Formulas
- Workshop & Retreat Facilitator

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Step into Who You Really Are

"You can never get a cup of tea large enough or a book long enough to suit me."
- C.S. Lewis

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Fairy Tea Events
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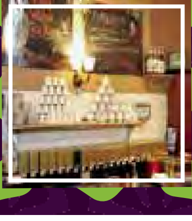
Weekly Poetry Night
Salons



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Introductory Meditation Zen Course with Zen Buddhist Temple • Five Thursdays beginning May 26 and July 7; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. $160 ($120/unwaged). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • July 15-16 • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breath work, meditation postures, concentration, and mindfulness practice. $160 ($120/unwaged). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

One-Day Zen Meditation Retreat with Zen Buddhist Temple • May 7, June 4, or Aug. 6; 9 a.m.-5 p.m. •. This retreat provides sitting and walking meditation, simple manual work, vegetarian meals, and rest -- an interval of deepening, of slowing down, silence and mindfulness. $60 (includes vegetarian lunch). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Psychic Protection with Terence Palmer • May 10, 7-8:30 p.m. in the Crazy Wisdom Community Room • Participants will learn to protect themselves from negative spirit intrusions during meditation practcies. $10 suggested donation. Call Priscilla at 269-339-1951; pbrowndec3@gmail.com or tjpalmer.org.

Summer Solstice Full Moon Guided Meditation • June 20, 9-9:30 p.m. • Participants will join for a celebration of the longest day of the year to honor and follow the journey of the sun from now until harvest. It is a time to reflect on the light within each of us. This meditation is planned to uplift the spirit, regain centeredness, enjoy peace and calm, and connect to source. Accessed via www.bodymindspiritradio.com or at BodyWorks Healing Center in Plymouth. Donations accepted. Call Dave at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

> *To touch, to move, to inspire.*
> *This is the true gift of dance.*
> —Aubrey Lynch

Guided Full Moon Meditation with Dave Krajovic • May 21, June 20, July 19, Aug. 17; 9-9:30 p.m. • These guided meditations are designed to uplift the spirit, regain centeredness, enjoy peace and calm, and connect to source. Topics for each session will include love, relationships, joy, and prosperity. Accessed via www.bodymindspiritradio.com. Free. Call Dave at 416-5200; inspired@ascensionbreathing.com or ascensionbreathing.com.

Triangle Breath of Creation with Pat and Dave Krajovic • June 5, 9 a.m.-4 p.m. • This workshop shares the secrets of creation and taps into a world of unlimited possibilities through the breath. The triangle breath of creation accesses these possibilities as well as the energies of creation to bring the heart's desires into manifestation as participants learn to uncreate old ways of being and access the unlimited god-self. An Ascension Breathing Inspired Life Mastery program. $199. Call Dave at 416-5200; inspired@ascensionbreathing.com or ascensionbreathing.com.

Inspired Life Mastery with Pat and Dave Krajovic • May 15, 9:30 a.m.-4 p.m. • This workshop aims to help participants rise above the limitations of thought and heavy consciousness by learning about what energies block from a rich and abundant life. The workshop will teach how to connect directly to one's spiritual hierarchy and to source and allow life to unfold with ease and grace by becoming the awakened master of one's life. This is the lead program in the Ascension Breathing Inspired Life Mastery series. $159. Call Dave at 416-5200; inspired@ascensionbreathing.com or ascensionbreathing.com.

Consciousness Rising Breathwork/Meditation with Pat and Dave Krajovic • May 9, June 13, July 11, Aug. 8; 10:30 a.m.-12 p.m. • Participants will learn to uplift the spirit when powerful group energies combine with meditation and conscious breathing to effectively release stress energies and negativity in order to find more joy and peace, and to strengthen connection to source. $25. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Open Mindfulness Meditation Practice with Antonio Sieira • May 3, 5, 10, 12, 16, 19, 24; June 2, 7, 9, 16, 30; July 7, 12, 14, 26; Aug. 4, 9, 11, 18, 24, 30; 6-7:30 p.m. • Mindfulness meditation including Tibetan Singing Bowl, Metta meditation, with discussion of philosophy, science, and spiritual basis of meditation. $15 (Six sessions/$60). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Mindfulness Meditation System (MSS) with Antonio Sieira • June 21-22, 6-8 p.m. • The MSS is a system of breathing, flexibility, and mental focus/concentration practices designed to create a total mind-body meditative experience. These techniques help get started with or improve meditation. Register in advance. $59. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman • May 6, June 3, July 1, Aug. 5 • Dances of universal peace were originated in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances are a form of moving meditation that require neither partner nor experience. $5. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org/.

River and Dream with Irena Nagler • Aug. 25, 7 p.m. • Annual performance of dance, poetry, and storytelling with optional audience participation in a dance in the Huron river. All ages. Children must be accompanied by an adult. Footwear recommended. $5-$15. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

"This Is It": Tree of Life's Grand Finale Showcase with Tree of Life Cultural Arts Studio • June 18, 7 p.m. • This evening features a collage of the most memorable performances with past and present students as Tree of Life celebrates ten years of business. $15 ($12 in advance). Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Music, Sound, and Voice

Water Hill Music Fest • May 1, 2-6 p.m. • Water Hill Music Fest is a unique neighborhood experience in which neighbors share homemade music with passersby. Enjoy dozens of bands in all styles of music. The Water Hill neighborhood is bounded by Newport, Sunset, Miller, and Main. Free. Contact info@waterhill.org.

The Joy of Kirtan, Add Your Voice with Members of Ann Arbor Kirtan • July 1, 6-7:30 p.m. • Members of Ann Arbor Kirtan will lead a joyful evening of call and response Kirtan, to engage in chanting as a spiritual practice. $20 ($10/package holders). Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Sacred Songs, Chants, and Healing with Norma Gentile • May 21, 4-6 p.m. • All are welcome to participate by chanting, singing, toning, or meditating as they are led through a sequence of sacred songs and healing chants. This is a time of shared co-creation in sound, spirit, and deep silence. $10. Contact office@healingchants.com or HealingChants.com.

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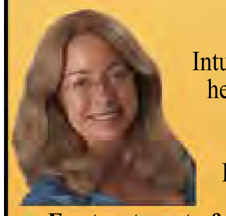

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Music, Sound, and Voice (cont.)

The Yoga of Sound: A Sound Immersion Meditation with Amy and Markus Koch • July 29, 6-7:30 p.m. • This evening of sound alchemy will offer relaxation through pure sound and guided meditation. $20 ($10/package holders). Call Sue at 627-7558; info@breatheyogachelsea.org or breatheyogachelsea.org.

Cafe 704 Music and Benefit Concert with MC Curtis Glatter and Friends • Aug. 13, 8-10 p.m. doors open at 7:30 p.m. • This evening features music, improvisation, and fun with performances by Algorithim, a barbershop quartet; Jeanne Adwani and Alaura Massaro, spirit-filled chants and songs with audience participation; Polyfonica Duo, improvised choreographed dances featuring Irena Nagler and music by Curis Glatter; and Jill Halpern, poet and storyteller. $8 (two for $15). Call 327-0270; interfaithspirit.org.

ME: The Journey of Transformation with Out Loud Chorus • May 20-21, 8 p.m. • The Out Loud Chorus, Washtenaw County's original mixed LGBTA chorus invites the community to a musical journey of transformation. $18 ($15 in advance); $12, seniors and students; free for children under 4. Contact Tim at timothee1@aol.com.

Naturopathy

Head-to-Toe Gentle Cleansing and Building Programs with Nia-Avelina Aguirre • May 26, June 28, 6-7:30 p.m.; Aug. 13, 9-10:30 a.m. • This workshop provides methods to remove environmental toxins, chemical, heavy metals, and parasites from the body using tasty food combinations, water therapies, and more. $60 (includes handouts and take home kit). Call 883-7513; niaaguirre.nd@gmail.com.

Natural Health for the Special Needs Child or Adult in Your Family with Nia-Avelina Aguirre • May 23, 10:30-11:30 a.m.; July 13, 10-11 a.m. • These sessions are for the parent or caretaker to ask questions and learn about natural therapies that are available to help loved ones. Free. Call 883-7513; niaaguirre.nd@gmail.com

Nutrition and Food Medicine

Five Week RESTART Program with Karen Lang • May 22, June 5, 12, 19, 26; 4-5:30 p.m. • This series is designed to give the body a vacation from having to process toxins like sugar. It includes a three-week sugar challenge and information on incorporating real food to boost energy and cut sugar/carb cravings. The program is part education, part sugar challenge, and part group support. $110. Call 707-1296; healthybalnutrition@gmail.com or healthybalancenutritionllc.com/classes/.

Transitioning to a Healing Foods Diet with Judy Sauer and Mary Pomerville • June 11, 25, July 16, 30, Aug. 13, 27; 9:30-11 a.m. • For people living with autoimmune challenges such as diabetes, Lyme disease, food allergies, arthritis, thyroid dysfunction, and others, the autoimmune protocol or paleo-type diet and lifestyle can be very beneficial. This series of six classes will provide sample recipes,shopping and food preparation tips, and explore a variety of resources and techniques to manage the physical, emotional, mental, and spiritual aspects of living with autoimmune disease. $15/class or $75/series. Call Judy at 761-8193; jdfoodsolutions@gmail.com.

The Healing Power of Herbs and Whole Food Supplements: Vegetarian Potluck Dinner and Lecture Powerpoint Presentation with Brett Bashawaty • Mar. 26, dinner, 6:30 p.m.; lecture, 8 p.m. • This evening shares a new protocol on how to use herbal remedies, tonics, cleansers, and whole food supplements for health, healing, and well-being. Donations accepted. Call Robert at 248-680-8688; healthforcecenter@gmail.com.

What's in the Fridge? Legumes with Liza Baker • May 15, 3-5 p.m. • Part of the "Fl!p Your Kitchen" monthly series, this hands-on workshop teaches participants to cook beans from scratch and how to "flip" them to help increase the plant-based protein in your diet. $50/person ($75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Supper + Support with Liza Baker • May 11, 25, June 8, 22 • This series offers a combination of health coaching and nutrition information (second Wednesdays) to help participants discover food choices that work for the entire household, as well as hands-on cooking classes (fourth Wednesdays) with menu plans and recipes to help make any cooking and eating style work. $75/class. Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-healthcoaching.com.

Expert Knife Skills with Liza Baker and Chelsea Community Kitchen • May 5, 6:30-8:30 p.m. • This workshop teaches participants to buy, care for, and properly use a cook's most important tool. This hands-on session will focus on creating a delicious vegetarian dish to sample. $50. Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com, simply-healthcoaching.com or chelseacommunitykitchen.org.

Practical Ayurveda: Ideas for Living a Balanced and Joyful Life with Nancy Liebler • May 6, 6-7:30 p.m. • This workshop provides easy-to-implement tips and techniques for adopting basic Ayurvedic practices into daily life with the goal of helping return to a natural sense of balance and well-being. $20 ($10/ Breathe package holders). Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Monthly Nutrition Workshop with Jackie Farah and Natalie Peterson • Last Thursdays, 7-8 p.m. • Monthly workshops at Imagine Fitness and Yoga on nutrition topics. $20. Call Natalie at natalie@imaginefitnessandyoga.com or imaginefitnessandyoga.com.
May 26 • Nuts and Seeds**; June 30 •** Vitamin Sources
July 28 • Summer Vegetables**; Aug. 25 •** Herbs and Spices

Paganism

Witches' Night Out at Crazy Wisdom Tea Room • May 10, June 14, July 12, Aug. 9 at 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.50 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Parenting

Where the Rubber Meets the Road: Strategies for the Emotional Challenges of Parenting with Catherine Fischer • May 15, June 12, July 17; 1:30-3:30 p.m. • Class for parents of young children to learn listening tools supported by neuroscience and attachment research. Help with tantrums, limit setting, sibling relationships, and other parenting challenges. This workshop is designed to help reduce family tensions and enjoy parenting more. First class free, then $15/person or $25/couple/friend. Call 395-5244; Catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Understanding and Encouraging Intuitive Children with Susan Gale and A Place of Light Colleagues • May 13, 1-5 p.m. • Parents of intuitive and sensitive children are invited to learn more about this gift, how to support it, and how to utilize it in daily family life. Through information sharing, small group discussion, games, and activities, attendees will leave this event armed with information and a new awareness of the many manifestations of intuition, as well as confidence in living with your child's experiences. $75 (includes refreshments). Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Brown Bag Lunch Discussion on Waldorf Education with Margo Amrine • May 16, 11:30 a.m.-12:30 p.m. • A discussion on language, the arts, sports, and meaningful work. Beverages provided; bring your own lunch. Free. Call Rachael at 995-4141; rdodge@steinerschool.org or steinerschool.org.

Beautiful Basics: Academics in the Waldorf Early Grades • May 4, 7-8 p.m. • Participants will learn about how Waldorf teachers approach science, through wonder and developing the senses. Free. Call Rachael at 995-4141; rdodge@steinerschool.org or steinerschool.org.

Introduction to Infant Massage with Irene's Myomassology Institute • May 11, 6:30-8 p.m. • Parents and infants from eight weeks to 15 months can learn the benefits of infant massage. Participants will learn techniques to calm baby, ease colic, and loosen congestion as they bond with their babies. This is a hands-on class; bring baby, extra diapers, wipes, and baby blanket.$5/family. Call to RSVP at 248-350-1400; irenes.edu.

> ***Our bodies are our gardens — our wills are our gardeners.***
>
> —William Shakespeare

Personal Growth

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • May 7, June 18; 10 a.m.-5 p.m. • This workshop provides nurturing for participants through a yoga class, home-cooked vegetarian lunch and refreshments for the body; quiet time for the spirit; and optional pure meditation foundation class for the mind. Accommodations available for Friday or Saturday evenings. $39 includes lunch and refreshments, $86 with shared room and all meals. Bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

At Ease with Emotions with Joya D'Cruz • June 15, 6:30-8:30 p.m. at Crazy Wisdom Community Room • This workshop provides information about how the emotions influence daily life and how we can relate to them in ways that are both gentle and effective. By giving emotions due attention, participants will learn to move towards feeling more peaceful and powerful. $10-$20. Call 219-2555; dcruzjoya@gmail.com or focusingcenterofmichigan.com.

Focusing: A Mind-Body Technique with Joya D'Cruz • May 18, July 20, 6:30-8:30 p.m. at Crazy Wisdom Community Room • This workshop introduces Gendlin's focusing, a gentle and effective way by which to access inner guidance, resources, and power. This practical mind-body tool can be used at any time. $10-$20. Call 219-2555; dcruzjoya@gmail.com or focusingcenterofmichigan.com.

Understanding and Managing Emotional Triggers with Joya D'Cruz • July 20 at Crazy Wisdom Community Room • In this workshop, participants will explore the nature of emotional triggers and ways to handle and heal from them. The workshop is designed to explore how being over-reactive especially in intimate relationships can weaken and wear out relationships. $10-$20. Call 219-2555; dcruzjoya@gmail.com or focusingcenterofmichigan.com.

Discover SoulCollage! with Laura Seligman • May 14, June 18, or July 16; 1-4 p.m. • This workshop begins with creating a personal deck of collaged cards to reflect one's life and inner wisdom. Then participants will explore how the many facets of their personality, relationships, archetypes, and energetic dimensions impact their lives and how the personalized cards can bring more self-awareness, guidance, and transformation toward a richer and more creative life. $45. Call 649-2777; lauraseligman@gmail.com or lauraseligman.com.

Creating Internal Resources with Cam Vozar • May 1, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase well-being as they learn to connect to spiritual, nurturing, and protective resources. $10. Call 747-9073; cam.vozar@gmail.com.

Forgive for Good with Fred Luskin • May 6-7 • Studies have found that forgiveness is associated with reduced anger, hurt, depression, stress, and improved physical and emotional health. This workshop shares effective tools for fostering forgiveness, using hands-on activities, guided imagery, lectures, and discussion. $325 ($275 before April 20); one-day $210 ($175 before April 20). Call Mariko at 763-4965; mfoulk@umich.edu or aacfm.com.

Kabbalah Teacher Training with Karen Greenberg • Aug. 6-8, 10 a.m.-9 p.m. • This teacher training workshop will provide opportunities to grow and ascend to those committed to working on themselves and their issues and to helping other people do the same. The workshop will share how to make a healthy attachment to G-d, to the self, and to clients so that they can return to their divine original vibration, the way that they were originally created by G-d. $777. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

How to Be a Happier Person -- Now! with Bob Bedard • Last Saturdays, May-Aug., 1:30-4:30 p.m. • Each class will focus on a component of the intrapersonal happiness theory as a means to becoming a happier person. Monthly updates at ihthappiness.com. Donations accepted. Call 426-5685; happinessdocin@comcast.net or ihthappiness.com.

Online Training: Selling from the Heart: How to Do What You Love without Selling Your Soul with JeeJee Saafir • May 17, 7 p.m. • This seminar will present the top five client turnoffs that are conscious and unconscious mistakes many well-meaning coaches and service-based soul-o-preneurs make. The seminar will also cover the top three reasons that potential clients say they cannot afford the work or do not have time for it, as well as participants' selling fears and areas that hold them back. Free. Contact info@jeejeesaafir.com or jeejeesaafir.com.

HAI Mini Workshop: Awakening to Love with HAI Midwest • June 10, July 8, gathering, 7:30 p.m.; workshop, 8-10 p.m. at the Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 248-388-5411; mo.fritz@hai.org or hai.org.

Making Friends: Adult Social Skills Group with Lucinda Orwoll • May 29, June 5, 12, 19; 1:30-3 p.m. • This workshop will help participants learn and practice skills for joining and connecting in social situations for adults who are shy, socially anxious, or isolated to help build confidence and fellowship. $125. Call 945-3024; lorwoll@comcast.net.

The Five Golden Keys to Mastering Your Day with Pat and Dave Krajovic • May 18, 6-8 p.m., followed by May 25, June 1, 15, 22, 6-7 p.m. • Participants will learn five sacred mantras/breaths that will help them to be the masters of their lives. This simple but highly-effective program teaches the presence breath, mystery breath, gratitude breath, inspiration breath, and love breath to come into inspired life mastery. Part of the Ascension Breathing Inspired Life Mastery series. $179. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

How to Change Another Person (or Anything) in 28 Days or Less with Pat and Dave Krajovic • May 15, 9 a.m.-1 p.m. with follow-up conference calls on May 18, 25, June 1, 15, 7:30 p.m. • This series will present an effective and powerful technique to better relationships to anyone and anything. It can be used to improve relationships with spouses, family members, co-workers, money, health, or anything. $119. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Handwriting Analysis with Jani Cooke • May 22 • This workshop presents a valuable tool to help navigate life by learning the fundamentals of handwriting analysis. This tool can help participants find out if someone is lying, unhappy, or suicidal. $40. Contact janicooke@gmail.com.

Photography

Suchness with Aura Glaser • Mondays-Fridays, June 2-29, 9:30-5 p.m. • A photography exhibit at Kerrytown Concert House that features expressions of life, light, and consciousness. Free. Call Stephen at 717-9028; synose@synassociates.com or auraglaser.com.

Suchness Gallery Reception with Aura Glaser • June 16, 5-7 p.m. • Gallery exhibit opening reception for a photography collection that features expression of light, life, and consciousness. Free. Call Stephen at 717-9028; synose@synassociates.com or auraglaser.com.

Prayer

Monthly Lightworker Meetings with Karen Greenberg • May 13, June 17, July 15, Aug. 12; dinner, 6-7 p.m., meeting, 7-9 p.m. • Participants take turns creating and leading the group in services on topics relevant to lightworkers. Guided meditations for light, peace, love, and anything positive and of the light, as well as prayer circle, channeled messages, and occasional energy balancing. Free. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Prosperity and Abundance

Building Your Spiritual Business with Karen Greenberg • June 28, 6:30-9:30 p.m. • This workshop will provide universal spiritual practices and principles to repattern limiting beliefs and work through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviors in order to create and sustain abundance and prosperity for a thriving spiritual business. $49. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Reiki

First Degree Reiki with Suzy Wienckowski • July 8-9 • This workshop is the first level of training in the Usui system of Reiki healing. Reiki is a gentle, hands-on healing art that is easily learned by all. Students learn the history of Reiki, hands-on treatment forms for self and others, and four individual initiations. Certificate awarded. $150. Call for times at 476-7958; suzyreiki@aol.com.

Free Reiki Clinic with Debra Williams • May 26, June 23, July 28, Aug. 25; 7-8:30 p.m. • Participants will experience an individual mini-session to experience the powerful healing effects of Reiki through cleansing, balancing, and harmonizing at all levels. Donations accepted. Preregister at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Reiki I with Jennifer Vanderwal • June 26, 11 a.m.-6 p.m. • Participants learn to help friends and family to a better life through Reiki. Topics will include history of Reiki, how to feel energy, energetic protections, hand positions, crystals, and symbols. This workshop comes from the Usui Tibetan Karuna Seiryoku Reiki lineage. $149. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

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Rose Quartz — It's All About the LOVE!

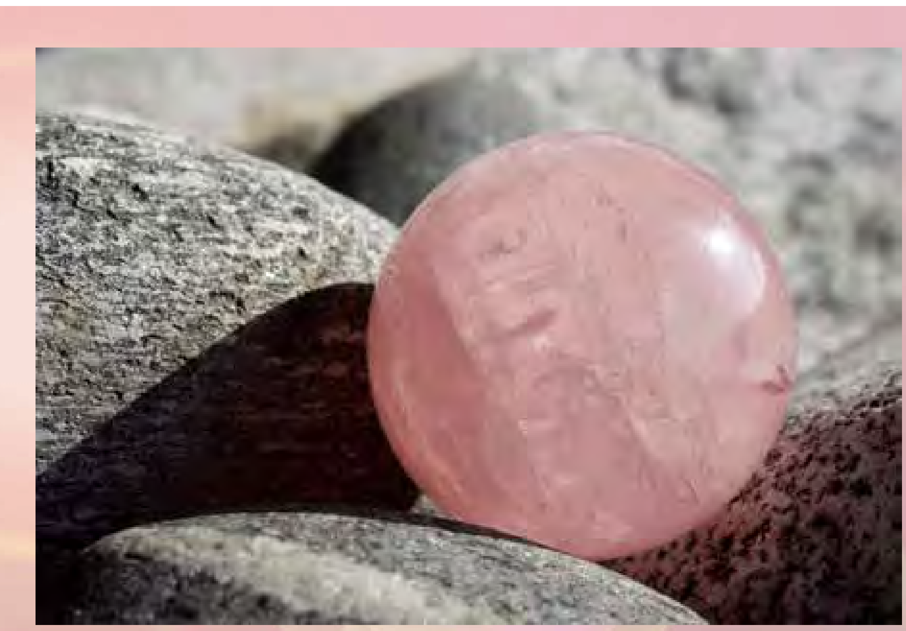
By Carol Clarke-Tiseo

Rose Quartz is a type of quartz that derives its name from its rose pink color. It is known as the ***love stone***. The message it emits is the peaceful vibration of unconditional love, joy, warmth, and healing. It is perfect for anyone, since everyone needs an abundance of love in their life! It allows one to freely give and accept love to and from all beings, people, animals, the Earth, and especially to oneself. Rose Quartz is a necessity for every crystal healing toolkit and great to give as a gift.

J.D. Dana is credited with being the first to describe Rose Quartz in 1837, named for its color. A silicon dioxide crystal, Rose Quartz is a very common variety of the Quartz family and is usually found in the cores of granite pegmatites. Most Rose Quartz is found in massive pieces, and the crystalized form is actually rare. Translucent or transparent is how a lot of pieces can appear, however, most pieces of Rose Quartz are fairly opaque. All colors and types contain excellent healing qualities. The stone's color is accredited to the trace amounts of titanium, iron, or manganese contained within. Some has microscopic fiber inclusions of rutile and this creates a star effect. There is a variety called Strawberry Rose Quartz; many of these are deeper colored stones, some with a beautiful, light orange-pink color.

Rose Quartz provides emotional healing by soothing etheric wounds the heart chakra may have suffered, deeply immersing the inner chambers of the heart. It dissolves sorrow and worry by removing fear and resentment.

In the area of ancient Mesopotamia, Rose Quartz beads dating back to 7000 BCE have been found. Legend states that the stone was used for facial masks found in the tombs of ancient Egypt. In 800–600 BCE, Rose Quartz was made into jewelry crafted by the Assyrians. In 600 BCE, Rose Quartz may have been used as a love token, and is still an important charm for creating harmony in relationships. The Romans, Greeks, and Egyptians all believed in the healing properties of this beautiful stone. The ancient civilizations believed it held the power of allowing one's inner beauty to shine outward from within and create a clear facial complexion free of wrinkles and signs of aging. It has been used in talismans and amulets for centuries. During the Middle Ages, Rose Quartz was a popular ingredient in love potions. It is a stone honored in traditional Asian cultures, and is still one of the major carving stones used in China.



Rose Quartz

COLOR: Pale pink to Rose, Red/Rose

CHAKRA: Heart,

ASTRO SIGNS: Taurus, Libra

VIBRATION: 7

KEYWORDS: Love of all kinds, including Self-Love, protection during pregnancy & childbirth, Gentleness

HEALING LORE: Emotional Wounds, Reduces Wrinkles, Spleen Problems, Fibromyalgia, Weight

CHEMICAL COMPOSITION: SiO_2 Silicon Dioxide with inclusions of Iron and/or Titanium

From *Melody's Love Is In The Earth*© Series of books

As all quartz crystals are profound amplifiers of energy, Rose Quartz may help to kindle happiness, love, and sensuality. This stone has a powerful energy that resonates strongly within the heart chakra. It is able to resonate out its pure love energy into its surroundings and provide aid to all those nearby. It is a powerful attracting stone as the energy that it emanates attracts others through their heart chakras. It can be quite effective in attracting new love, more abundant romance, a renewed sense of intimacy in your own current relationship, or in forging a closer bond with family or friends. It supports universal connection within community and carries a high spiritual attunement to the Divine. It can be a very important aid in healing personal relationships.

It provides emotional healing by soothing etheric wounds the heart chakra may have suffered, deeply immersing the inner chambers of the heart. It dissolves sorrow and worry by removing fear and resentment. There are some people who never experience joy in life because they never received unconditional love from others or currently they hold an overtly negative or destructive self-image. Rose Quartz is the master healer for these issues, erasing and reprogramming the heart to be open and accepting of infinite love from the universe.

J.D. Dana is credited with being the first to describe Rose Quartz in 1837, named for its color. A silicon dioxide crystal, Rose Quartz is a very common variety of the Quartz family and is usually found in the cores of granite pegmatites.

In physical healing, Rose Quartz's major impact area is the heart. It aids in healing a broken heart by releasing blockages due to past trauma. It stimulates the proper functioning of a healthy heart and circulatory system, relieving tension and stress, palpitations, or skipped heartbeats. It is ideal for those with heart weakness or disease, or anyone who wishes to strengthen their heart. This stone can also be used to clear fluids in the cells of the body, release impurities, and heal the kidneys and adrenals. When placed on the thymus, it aids chest and lung problems, relieving coughs and clearing bronchial areas. Rose Quartz is especially sympathetic of the female reproductive system and genitals. It can alleviate sexual difficulties, increase chances of fertility, relieve postpartum depression, and promote healing for mothers after complicated births.

The soft pink emanations of Rose Quartz ultimately radiate deep, pure love. This unconditional love energy forms a new foundation where inner peace and contentment become a personal reality.

To surround yourself in some lovely Rose Quartz energy, simply place one of these love stones in each corner of any room that you use for healing yourself or others. You can use it in the bedroom, keeping it on your bedside or under your pillow, allowing the energy to resonate out into the area where you are sleeping. Using Rose Quartz in the bedroom will assist you with healing yourself, and using it in all rooms of the home will bring faith and hope to all in the vicinity. When wearing as jewelry, it is best to keep it closest to your heart, as the energy will help dissolve past issues and fill one with true self-love.

The soft pink emanations of Rose Quartz ultimately radiate deep, pure love. This unconditional love energy forms a new foundation where inner peace and contentment become a personal reality.

Carol Clarke-Tiseo is a Melody Master Crystologist, Reiki Master, and Licensed Massage Therapist who recently relocated to South Lyon, MI. She is a member of the Association of Melody Crystal Healers International™, which provides informational resources concerning instructors, workshops, and continuing education for instructors in the crystal healing profession. Carol has ten years of experience in energy healing and eleven years of experience in doing therapeutic massage and bodywork. To contact her, you can email cclarke2005@hotmail.com.

The Crazy Wisdom Calendar

Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • May 9, 11 a.m.-12:30 p.m. • This seminar will help participants begin to identify their unique career dreams and gifts to share with the world. $30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Retreats

Developing Your Light Body with Karlta Zarley • Sept. 25-28, register by Aug. 25 • This retreat, at an A-frame cottage on the shore of Lake Michigan, teaches participants about the light body: what it is, how it develops, how to enhance progress towards it, and how to check evolution. Shared vegetarian cooking responsibilities. $300 (fees, food, and lodging). Register by Aug. 25 at 834-1566; kzarley88@gmail.com or karltazarley.com.

Private Directed Retreat with Janene Ternes • July 18-22 • This retreat provides time and space for solitude, personal prayer, optional participation in campus liturgy, and Tuesday evening peace prayer. Each participant meets daily with a spiritual director during a few days of peaceful presence with God and the serenity and clarity that may result. $375 (private room, meals, and daily spiritual direction); $250/commuter. $25 deposit with registration at 347-2422; PrayerInMotionLLC@gmail.com or prayer-in-motion.com.

Silent Retreat with Self Realization Meditation Healing Centre • May 20-22 • This retreat is for all faiths, traditions, and practices. $140/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Peace and Quiet Weekend Retreat with Self Realization Meditation Healing Centre • Aug. 6-7 • This retreat provides time in peace and quiet with lots of free time and a silent Sunday morning. An optional pure meditation foundation class is offered Saturday afternoon for an additional $60. $75/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Rejuvenating Retreat with Self Realization Meditation Healing Centre • June 25-26 • This retreat is designed to provide a refreshing and rejuvenating weekend to promote more spring in participants' steps by nourishing the self on every level. A natural spiritual healing session is available for an additional $65. $75/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Five-Day Summer Retreat (Yongmaeng Jeongjin) with Zen Buddhist Temple • June 28-July 3 • Conducted the Ven. Samu Sunim, spiritual director of the Buddhist Society of Compassionate Wisdom in New York City, this retreat is an intensive period of Zen practice geared toward the experienced student. $60/day ($50/day for members). Partial attendance can be arranged. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Summer Work/Study Retreat with Zen Buddhist Temple • July 12-Aug. 26 • This program provides participants with an opportunity to live, practice, and study in our Buddhist community/Sangha while contributing by working on special projects such as gardening, upkeep and maintenance of the temple buildings, and preparations for peace camp. Participation is by the week. See website for more details. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Temple Stay/Visitor's Program and Residential Options with Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. See website for more details. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Weekend Getaway and Mindfulness Retreat at the Inn at Rustic Gate with Pat and Dave Krajovic and Amy Brusca • Aug. 19-21 • This retreat provides a break from routine, and relaxation and renewal for the body, mind, and senses in a loving, spiritual space. The retreat gives participants delectable cuisine, chances to connect with like-minded people, meditation, contemplation, yoga, conscious breathing, mindfulness practices, a labyrinth walk, drumming, and fire purification (weather permitting). $345 single, $290 double (includes program fees, two nights lodging, and five meals). Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Self Care

Harmony of Energy with Wasentha Young • May 9-30, 6-7 p.m. • The body has major energy centers that can be used in health. Through visualization, touch, movement, meditation, and breathing techniques, this session will focus on the benefits as participants are introduced to the fundamental qualities of these centers and how to bring into harmony the essential energy flow that connects them. $150. Call 741-0695; info@peacefuldragonschoool.com or peacefuldragonschoool.com.

Shamanism

Cycles of Life with Connie Lee Eiland • June 11-12 • The purpose of this class is to give participants pathways to continue their own explorations and growth through specific journeys and divinatory methods. The group will meet and map personal circles of ancestors, and work with the cycles of the medicine wheel and of the moon in order to discover personal power shields and how to use them. Ability to journey is a prerequisite. $200 ($170 before May 21). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • June 5, July 31; 10 a.m.-5 p.m. • During this six-hour introduction, participants will learn to journey to meet their power animal, find a power animal for a partner, and journey to meet a teacher. The workshop will include four-six journeys depending on what participants find. $75 ($70 with three-week advance registration). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Healing with Spiritual Light with Connie Lee Eiland • May 14-15 • This class, created by Sandra Ingerman, will focus on the unlimited powers of the universe as participants become the light, through the law of resonance, which stimulates the client to shine his or her own light. This is what creates the healing that will be done in class. Ability to journey is a prerequisite. $200 ($170 before Apr. 23). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Shamanic Healing with Marjorie Farnsworth • Five classes beginning in April and continuing May 7, 21, June 11; 10 a.m.-1 p.m. • This series focuses on shamanic healing, covering soul retrieval, power animal retrieval, curse removal, depossession, and much more. Cosponsored by Spirit Assist Shamanic Healing and The Center for Women's Empowerment. $65/class. Call 347-8180; mfarnsworth@live.com or spiritassistshamanichealing.com.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • July 9 or Aug. 20, 9 a.m.-4:30 p.m. • Experiential training in the shamanic journey and introduction to shamanism healing methods and practice. This class is a prerequisite for all advanced training, including intermediate shamanic training to be offered in Ann Arbor in Sept. 2016. $95 ($85 by July 6 or Aug. 17). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Shamans' Walk and Community Healing Circle with Kate Durda and Stephanie Tighe • July 31, 10 a.m.-5 p.m.• This circle provides an opportunity to deepen shamanic practice and support each other as participants journey deeply and dance passionately in order to hear from the spirits and the inner self. Potluck and shamanic bazaar with rattles, drums, medicine bags, and more for purchase. All traditions welcome. Limited to the first 50 registrants. $60 ($50 before July 27). Must preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Two Year Program of Initiation and Advanced Shamanism in Kalamazoo with Kate Durda and Stephanie Tighe • Three sessions per year beginning Aug. 26-28 • This application-only residential program is the most advanced training in shamanic practices offered by Spirit Weavers only once every eight to ten years. This experiential training takes participants through spiritual initiations and introduces advanced methods of shamanic healing that deepens their knowledge and understanding of spirituality, themselves, and their relationship to all. See website for costs. Call Stephanie at 517-667-8448; SpiritWeavers@gmail.com or spiritweavers.net.

Skin Care

Skincare for Men? Absolutely with Nia-Avelina Aguirre • May 19, July 26; 7-8 p.m. • This workshop provides help for breakouts, rashes, eczema, and psoriasis through natural topical applications and a nutritive combination to heal from the inside out. $60 (includes take-home kit). Call 883-7513; niaaguirre.nd@gmail.com.

> ***Don't worry about what other people are seeing in you. Don't worry about the love they're giving you, or the love they're not giving you. Let your awareness be about what you're putting out. Let your awareness be about how much you're loving.***
>
> —Abraham Hicks

YogaFest at Song of the Morning Retreat

YogaFest 2016 is "Spirit and Nature Dancing Together!" YogaFest celebrates yoga or unity in all its divine manifestations. From devotional kirtan and breath-based asanas to heart-opening meditations and self-expanding workshops. See the Festivals and Fairs section on PAGE 102 for complete information.

Spiritual Development

A Simple, Brief, Effective Spiritual Exercise with Spiritual Growth Meetup and Eckankar of Ann Arbor • Fridays, 6:30-7:15 p.m. at the Crazy Wisdom Community Room • Singing HU, an ancient name for God, can be a way to tune into the spiritual currents and initiate profound experiences. This group sings HU as an undirected prayer to harmonize the consciousness and open the heart to God's love for spiritual upliftment to those who come in a "zero-agenda" get-together. Free. Call John at 320-2010; tutdebon@gmail.com or eck-mi.org.

How To Know What You Really Want with Clare Watts • May 6, 7:30 p.m. • For millennia, meditation has been a practice to connect with God and receive answers to deep questions about life, relationships, life purpose, and much more. The seminar will explore what may prevent us from going deeper in meditation such as mental chatter, restlessness, and worry so that participants can learn what they really want in life and trust the path they are taking. Free. Call Selena at 330-5048; revselena@centersoflight.org or centersoflight.org/locations/annarbor/.

How To Feel Complete and Unconditional Love with Clare Watts • May 7, 7:30 p.m. • Meditation is often practiced with the goal of basking in the presence of the divine. However, limiting or erroneous beliefs about God often block from accessing this divine love. This workshop will help participants let go of common delusions that rob them of this loving connection. Free. Call Selena at 330-5048; revselena@centersoflight.org or centersoflight.org/locations/annarbor/.

Light Worker Activation with Sandya Sandra Shears • Wednesdays, 7 p.m. • Participants will learn how to serve as a light worker or world server who has been incarnated at this special time in order to facilitate the transition to the next age. It is time to bring the gifts that will accelerate healing and activate spiritual purpose. For practitioners, the workshops include sound attunement, energy healing, and activation with channeled meditation. Ongong commitment required. $25 ($90 for series prepaid). Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Light Worker Setup and Transmission with Sandya Sandra Shears • May 20, June 17, July 22, Aug. 19; 7 p.m. • These sessions include one-hour individual energy setup the week before and group featuring a channeled transmission of the 13th frequency with energy adjustments and sound attunement. Ongong commitment required. $90 prepaid. Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Light Worker Development with Sandya Sandra Shears • July 9, 16, 23, 30; 11 a.m.-1 p.m. • These workshops include sound attunement, energy healing, adjustment and activation, and channeled meditation. Ongong commitment required. $90 prepaid. Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

The Weekly Word for Healing and Ascension with Eve Wilson • Fridays • Weekly email on wisdom, tools, updates, and insights for each week that will provide information on what is happening and how to smooth the changes within the self and on the planet. Free. Sign up at website. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Private Directed Retreats with Joan Delaplane, Joan Ebbitt, Esther Kennedy, Trudy McSorley, and Janene Ternes • July 18-22 • These retreats provide time and space for solitude, personal prayer, and participation in campus liturgy. Each participant will meet daily with a spiritual director. $375, $250 commuter + $25 non-refundable deposit. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandomincans.org/Registration.aspx.

Holy Land Pilgrimage at Weber Center: An Experiential Journey • June 6-11 • Unable to travel in person to the Holy Land? This is an opportunity to experience a journey and place without leaving the country. This program has been designed with the hope that each pilgrim will experience the Jesus of ancient Palestine and the Jesus of today with an immediacy that gives access anew to His living presence. $425 single occupancy, $325 double occupancy, $225 commuter. ($50 non-refundable deposit). Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Resgistration.aspx.

Day of Contemplative Prayer: Meditation and Mindfulness Practice with Esther Kennedy • May 21, June 18, July 16, Aug. 20; 10 a.m.-2:30 p.m. • Participants gather monthly as a mindfulness community for contemplative meditation, practicing mindful breathing and simple chants to seek ways to release the fruits of experience into a world of beauty and pain. $35. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Retreat: A New Way Through - Everything Changes with Joan Ebbitt • June 14-17 • This retreat will reflect on participants' own imaginal cells and how they respond to their flaring forth of the soul. Through allowing the imaginal cells to create anew, humans can become the imaginal cells of the cosmos, constantly breaking through and creating. $300, $150/commuter + $25 non-refundable deposit. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandomincans.org/Registration.aspx.

Living Long and Well: It's an Inside Job! with Mariane Fahlman, Esther Kennedy, and Patricia McDonald • July 12-14 • This workshop provides opportunities to identify behavioral patterns of thinking, eating, relating, moving, and being linked to long-term health and happiness, and also explores how they may be absent or present in participants' lives. This process can help release some habituated patterns that no longer serve, while new patterns with the potential for living a full and wholesome life can be explored, learned, and practiced. $200 single occupancy, $100 double occupancy, $50 commuter + $15 non-refundable deposit. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandomincans.org/Registration.aspx.

Sacred Senses, Sacred Spaces: Nurturing Our Sensitivity to Earth with Patricia Siemen • June 4, 9:30 a.m.-3:30 p.m. • This workshop will be an experience of recognizing the contemplative, sacramental dimensions embedded within creation: that of the soil, air, water, fire, and natural beings that support a sacred site. $35 (includes lunch) + $10 non-refundable deposit. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Experiencing Ourselves as God's Beloved with Arlene Kosmatka • July 24-29 • This retreat provides time, space, silence, and freedom to experience being and becoming God's beloved. Participants will listen and respond to the daily guiance of their own divine, in-dwelling prsenece by entrusting and surrendering the self to the intimacy of this encounter. $350, $225 commuter + $25 non-refundable deposit. Call Peg at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Connecting with Archangels with Karen Greenberg • July 8, 6:30-9:30 p.m. • Participants will become acquainted with the various archangels represented in the sephirot (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. $63. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The Crazy Wisdom Calendar

Spiritual Development (Cont.)

Connecting with Angels with Karen Greenberg • July 7, 6-9 p.m. • Participants will become acquainted with the various angels represented in the sephirot (spheres) in the tree of life. Course will explore angels, their roles, what assistance they provide, and how to safely call upon them. $43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Weekly Old Testament (Torah) Study with Karen Greenberg • Thursdays, 9-10:30 p.m. • Weekly conference call to explore concepts and details from the oral Torah, which has been passed down orally for thousands of years, which most people are less familiar with, and which will elucidate the more condensed written Torah. Call-in number and access code provided with each monthly pre-payment. $40/month. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Where Do Permaculture and World Religions Connect with David M. Hall and Bridget O'Brien • Aug. 16, 7-8:30 p.m. in the Crazy Wisdom Community Room • In this time of ecological upheaval, what is the role of religion and spirituality? Is climate change able to be addressed with traditions and teachings in these? Can the movement to reverse the dying of our biosphere be complemented and integrated with a spiritual approach? Participants will explore the deeper connections between permaculture philosophy and a multitude of world religions and spiritual principles. Can they be integrated with permaculture? Cosponsored by the People's Food Co-op of Ann Arbor. Free. Call 343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild at the Crazy Wisdom Tearoom • May 12, June 9 (no story night in July and August), 7-9 p.m. • Come to hear stories for grown-ups Enjoy yummy desserts, exotic teas, or light supper while listening to Ann Arbor Storytellers' Guild members. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Ann Arbor Storytellers' Guild at Nicola's Books • Fourth Sundays, 2-4 p.m. • Monthly meetings always start with stories and then more stories! Listeners and tellers welcome. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Stress Management

Stress Relief and Study Tools for Students with Self Realization Meditation Healing Centre • Aug. 11, 7 p.m. • This class lets participants learn and experience relaxation and easy-to-use energy care techniques to conquer stress and improve concentration to enable their best at any time. These techniques, which only take a few minutes to practice, are also available by appointment and at your location. $30 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Stress Relief and Relaxation for Carers with Self Realization Meditation Healing Centre • July 18, 7 p.m. • This class lets participants learn and experience relaxation and easy-to-use energy care techniques to conquer stress and improve concentration to enable their best at any time. These techniques, which only take a few minutes to practice, are also available by appointment and at your location. $30 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Mindfulness and Compassion Training for Helping Professionals with Anthony King • May 9, 16, 23, June 6, 20, 27, July 11, 18 • This eight-week experiential class for helping professionals and students in personal cultivation of mindfulness and compassion practices will help with self-care and helping others. The course offers secular mind-body, mindfulness, compassion, and self-compassion practices drawn from contemporary sources such as mindfulness-based cognitive therapy, as well as the ancient Tibetan tradition to recognize and manage stress and self-criticism, and enhance mindfulness, compassion, well-being, and self-knowledge. Limited class size includes recorded guided meditations and course handbook. $275 (income-based scale available). Call Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • May 11, 11 a.m.-12:30 p.m. • This workshop is designed to help participants tune into messages from body, mind, and spirit to learn effective strategies to enhance wellbeing, identify unique stressors, and leave with coping strategies to enhance effectiveness. $30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

On May 1, 2016, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Sustainability

Earth Plaster and Cob Workshop with Deanne Bednar • May 28 • Participants can learn the basics of how to find, harvest, mix and apply earth plaster for use in creating wall systems, plastering interior and strawbale walls and benches, and building earth ovens and rocket stoves. Group discounts available. $55 ($45 by May 15). Preregister at 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Earth Oven-Making Workshop with Deanne Bednar • May 29, 10 a.m.-5 p.m. • Participants will learn the principles and techniques of making an earth oven so that they can build one in their own communities. The group will build one on-site, see several finished ovens, and fire one up for a pizza supper. $55 ($45 by May 14). Group discounts and limited class size. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Natural Building Intensive with Deanne Bednar • Aug. 7-13 • During this week-long immersion, participants can learn the essentials of natural building skills while living on the land in community. Hands-on topics include earth plaster and floors, round pole framing, strawbale and cob walls systems, roof thatching. Classroom topics include site, design, and code. Several half-pay worktrade positions available. $750 ($650 by July 7). Preregister at 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Natural Building and Resilient Living Skills Program with Deanne Bednar • May 1-31, June 1-30, July 1-31, Aug. 1-31 • Attending one month or more is a great way to learn skills, live in community, and be with nature. Join the crew as an intern, half-pay work trader, or wwoofer. Experience a wide range of resilient living skills. Each month includes room and board, basic skills, and a unique focus. See details for all months at website. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Tai Chi, Martial Arts, and Self-Defense

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, Thursdays, 6-7:30 p.m., Sundays, 4 p.m. • Wu style tai chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week; $70 for two classes/week. First class free. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Chen Taiji (Taichi) Study Group with Dao Center for Inner Health • Thursdays, 6:30-9 p.m. • This class covers basics of chen style taiji and the Chen 24 form. In a focused, small group setting, participants learn fundamental body mechanics, principles of energy flow, and martial techniques. Both solo practices and partner practices will be covered. Open to beginners and intermediate students. $100/month. Call Joel at 205-7348; daoinnerhealth@gmail.com or daoinnerhealth.com.

Silk Reeling Qigong (Chi Kung) with Dao Center for Inner Health • Mondays, 7:30-8:30 p.m.; Fridays, 9:30-10:30 a.m. • Qigong is an ancient Chinese exercise that combines posture with breath work, meditation, and easy-to-learn movements. It relaxes and tones body tissues, improves balance and coordination, and facilitates a tranquil mind. The spiraling movements of silk-reeling qigong also serve as the structural foundation for Chen style tai chi. $15. Call Joel at 205-7348; daoinnerhealth@gmail.com or daoinnerhealth.com.

2016 Kokusai Budoin, IMAF Americas Relaunch Seminar with Nobetsu Tadanori Sensei • June 3-5 • This weekend features many classes for all levels and ages including children accompanied by a parent or guardian, as well as ceremonies and a banquet. See website for classes and times. $150 before Apr. 29. Call Nicklaus at 720-0330; kaily@japanese martialartscenter.com or japanesemartialartscenter.com.

Morning Tai-Chi with Master Sang Kim • Mondays-Fridays, 7-8:30 a.m. • Participants will learn how tai-chi enables them to cultivate happiness, power, and potential, and get to know a part of themselves that was hidden and that they have been looking for all their lives. $225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Beginning Tai Chi with Master Wasentha Young • Apr. 25-July 22; Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m.; 7:15-8:30 p.m.; Thursdays, 7:15-8:30 p.m. • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. Beginners can attend any or all classes for the same tuition. $185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Improve Balance: Grasping the Sparrow's Tail with Master Wasentha Young • Apr. 26-June 16, Tuesdays and/or Thursdays, 10:30-11:30 a.m.• This class teaches a modified section of the tai chi form called Grasp Sparrow's Tail, and is designed for people who want to explore tai hi for its benefits in improving balance, experience memory challenges, or are in early stages of Parkinson's. Free instructional DVD with registration. Participants must be able to go down and up a flight of stairs. $150. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Sun Shen Basic Tai-Chi Form with Ann-Margaret Giovino, Jan Katz, and Alexis Neuhas • Mondays, 6-7 p.m.; Tuesdays, 7-8 p.m.; Thursdays, 1-2 p.m., 7-8 p.m. • Participants will learn to build a solid foundation in tai-chi principles in an intimate setting, with guidance and personal adjustment in the Sun Shen 35 form. Learn the sequence and details of the form as you experience the calm, effortless power which comes from relaxed focus. $17 drop-in, $55/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin' Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Tao Tai Chi with MI Tai Chi Association • Mondays-Wednesdays, 11 a.m., 7 p.m.; Tuesdays-Thursdays, 6:30 p.m. • Beginners class to learn and practice tai chi, a gentle flowing movement and stretching exercise that is a great way to maintain and improve health and relaxation. Free trial class. $40/month unlimited classes ($30/month seniors). Call Dan at 516-5758; danschott3@gmail.com or taotaichi.org.

Tai-Chi Pushing Hands with Sifu Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive tai-chi training, which helps participants experience the world in a non-reactive, calm way. Participants find freedom and power within themselves and interact with others without compromising the self. $21/session ($70/month). Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai Chi with Michigan Tai Chi Association • Ongoing Classes • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and it has been found to reduce stress and lower blood pressure. $40 per month unlimited, $30 per month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the way of harmony with nature or universal energy." Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fun, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance relaxation, and whole body unity. $85/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsue, Modern Arnis, Mixed Martial Arts, and Fitness Kick boxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

> ***There is no mystique to Tai Chi Chuan. What is difficult is the perseverance. It took me 10 years to discover my chi, but 30 years to learn how to use it. Once you see the benefit, you won't want to stop.***
>
> — Ma Yueh Liang

Tarot & Divination

Drop-In Tarot Readings with Gail Embery at Crazy Wisdom Tearoom • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 12-3 p.m. • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. $1.50 per minute. No appointment necessary. Call 313-655-7694; readingswithgail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams at Crazy Wisdom Tearoom • Thursdays, 6-9 p.m. • $1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

crazywisdom.net
E-Blast Service

Crazy Wisdom's E-Blast Service is a great way to showcase yourself, your business and your services! This service is a cost effective method of reaching a targeted audience without the need for investment in costly hardware and mail related software!

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114 South Main Street, Ann Arbor
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Learn shiatsu methods to use at home
with Cynthia Conklin, Eastern Sun Shiatsu

Ever wish you had a little more to offer a loved one
with head, neck, shoulder or back pain? Or they for you?
In this 90-minute workshop you will be guided through
a series of shiatsu techniques that will do just that.

No partner needed
$10/person (bring a friend for free)
Register by phone or email
Wednesday, 5/11/16, 1 - 2:30 p.m.
or Friday, 5/20/16, 7 - 8:30 p.m.

info@easternsunshiatsu.com
734-417-9714 Center for Sacred Living
Ann Arbor

You may also call or email for a private shiatsu appointment with Cynthia.

Volume Di$counts!

Crazy Wisdom would like to remind you that we are an excellent place to order books for your classes and workshops.

Whether you need to purchase quantity titles yourself to distribute, or would simply like to recommend titles to your clients and students, we offer a discount on quantity orders.

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rachel@crazywisdom.net

From Human **Doing** to Human **Being**

By Felicia Williams Cosey, Ph.D.

I GREW UP IN FLINT, MICHIGAN, just barely on the right side of the "wrong side" of the tracks. While the neighborhood I grew up in was rough, my parents were deeply religious, loving, and clear that I was here to make something of myself. I got encouraged (dare I say "pushed") to get beyond the constraints of my neighborhood by getting good grades so I could go to college. I got what I now call good **"human doing" training** — go to school, get a degree, marry well, have children, be a good wife and mother, do good in the world, live happily ever after.

So I did all those things, and for a while it seemed to work. Until it didn't, especially the happily-ever-after part. After years of trying to do all the right things, I found myself divorced, a single mom with two young children, and blaming myself for my shortcomings because the formula didn't work. I asked myself what went wrong? And what do I need to do differently to have the happiness and love I so want in my life?

> I got what I now call good "human doing" training — go to school, get a degree, marry well, have children, be a good wife and mother, do good in the world, live happily ever after.

In my query for the missing ingredient, I came to my first Human Awareness Institute (HAI) workshop. Like many others, I had seen a friend go through the workshop and come out significantly different after a weekend experience with HAI. I wanted to know what he knew, learn what he had learned that made such a difference in how he treated me, how he listened, how much joy he had. And in my first weekend, it became clear to me that one important concept had been missing in my happiness prescription: I knew really well how to *do* life, but had no clue how to *be* fully alive!

So began my personal journey of discovery, which led me to several weekend workshops with HAI. Each one created the space and encouragement for me to open my heart more, to discover who I was beyond my parents' and society's program of who I could or should be. I began to fall in love with myself, and I learned how to face my fears around intimacy and connection. I met and felt deeply touched by the founder of HAI, Stan Dale, and his wife Helen, and the core message of the HAI mission resonated with my personal desire for the world I want to help create: "HAI promotes personal growth and social evolution by replacing ignorance and fear with awareness and love."

> It became clear to me that one important concept had been missing in my happiness prescription: I knew really well how to *do* life, but had no clue how to *be* fully alive!

Through various exercises and activities, weekend workshops are designed to help participants learn how to listen and speak from the heart, experience being treated with compassion, and recognize personal patterns and behaviors preventing them from giving and receiving love. After attending the workshops, I began volunteering to support the workshops as they developed in Michigan, and became part of the core team to support the growing Midwest community. That led to my training to become a workshop leader (facilitator) and the rest is glorious history! I've now been leading HAI workshops for 22 years and have found both my true vocation and my personal recipe for happiness.

HAI empowers individuals to be potent, loving, contributing human beings.

As an HAI facilitator, I get to practice the principles I teach, as a way of Be-ing Love, rather than looking for what to do to make love happen. Being love is not always easy, because so much of our programing tells us it's what we do/accomplish/achieve that matters. Although those things are important, my experience is, they don't by themselves bring happiness and connection. (They certainly didn't for me!)

> We're often most afraid of what we most want. In one weekend, many people get the experience of unconditional love and acceptance, and encouragement to see their fears for what they really are — **F**alse **E**vidence **A**ppearing **R**eal.

At my workshops I often ask the question: "How many people want more love in your life?" and almost every hand goes up! Yet we're often most afraid of what we most want. In one weekend, many people get the experience of unconditional love and acceptance, and encouragement to see their fears for what they really are — **F**alse **E**vidence **A**ppearing **R**eal. Our participants gain valuable life skills for relating to themselves and others, expanding self acceptance and the acceptance of others who are different. People often leave the weekend with a profound sense of connection, self worth, inner and outer beauty, potency and love.

HAI aims to create a world where people live together in dignity, respect, understanding, trust, kindness, compassion, reverence, honesty, and love.

Stan Dale founded HAI in 1968. Since then more than 75,000 people have attended the Institute's love, intimacy, and sexuality workshops and seminars in various parts of the United States, Canada, Europe, Australia, and Japan. We now have thriving communities in Northern and Southern California, the Midwest, East Coast, Ontario, UK, Germany, and Australia.

I feel blessed to travel to all of these places, spreading the experience and possibility of love everywhere I go. I feel that through this work I've finally stepped into the true purpose I am named for — "Felicia" means happiness — and the happiness I've created is first my own (my inside job). From this home base of Be-ing, I'm passionate about helping others find their happiness, joy, connection, community, and genuine love.

HAI is committed to creating a world where everyone wins.

I'm proud to be "homegrown" Michigan, and now by being all of myself, I contribute to more love in our world that so needs it, now more than ever. I'm finally **happy to BE me**!

HAI Midwest regularly offers free introductory workshops regionally (and regularly at Crazy Wisdom). These 'Mini Workshops' provide an opportunity to "try a taste" of the work and philosophies of The Human Awareness Institute before committing to a full weekend. For more information, contact Mo Fritz at Midwest-office@hai.org, or visit www.hai.org. Felicia Williams Cosey, Ph.D., is a psychologist and life coach. She can be reached at Felicia@DrFeliciaWilliams.com or Felicia@hai.org.

The Crazy Wisdom Calendar

Tarot & Divination (cont.)

Drop-In Tarot/Psychic Readings with Kathy Bloch at Crazy Wisdom Tearoom • First and Third Tuesdays, 5:30-8:30 p.m. • $1.50 per minute. No appointment necessary. Contact klbloch@hotmail.com.

Drop-In Tarot/Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tearoom • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. $1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Theater

American Impressionists in Monet Country with Friends of the Michigan League • Sat., May 21, 8 p.m. • Sun. May 22, 7 p.m. • A reader's theater exploration of artists who lived and worked in Giverny at the turn of the 20th century. The place attracted so many American painters that it became known as the "American colony," and included Jean Singer Sargent, Theodore Robinson, Frederick Frieseke, Theodore Butler, and Lilla Cabot Perry. Nine actors play 35 characters. Light reception follows. Tickets: $15 (students: $12). Contact the Michigan Union Ticket Office (MUTO) at 734-763-TKTS or muto.umich.edu.

Writers block: when your imaginary friends refuse to talk to you.

***Pissing on the Great Wall* with Maximum Verbosity and Phillip Andrew Bennett Low • July 14, 7:30 p.m.** • Whether he is beating the streets of Beijing in pursuit of a stolen backpack, or confronting Communism in an emperor's tomb, engaging in a battle of wits with overzealous tour guides or performing a pig sacrifice in his ancestral village, internationally touring story teller Phillip Low returns with more mystery, more musings, and more angst in his first travelogue since the 2007 hit *Descendant of Dragons* (Minnesota Fringe Festival Encore winner). $10. Contact Pointless Brewery and Theatre at tori@pointlessbrew.com or pointlessbrew.com.

Therapy and Support Groups

Mindfulness-based Forgiveness Therapy Group for Those Age 60 and Over with Mariko Foulk • Eight Fridays, May 20-July 1, 1:30 -4 p.m. • Studies show that forgiveness leads to improved health and inner peace. This group will work on cultivating forgiveness and compassion towards self and others through mindfulness and other hands-on exercises. Medicare and most insurance covers the fee billed as group therapy. Call 764-2556; mfoulk@umich.edu or aacfm.com.

Women's Health

What You Can Do for Non-Threatening Lumps, Bumps, Cysts, and Fibroids with Nia-Avelina Aguirre • May 25, July 12, Aug. 22; 6-7:30 p.m. • Natural options are available for common non-threatening lumps, cysts, and fibroids. They may reduce in size or disappear completely. Food choices will be discussed. $60 (includes take-home kit). Call 883-7513; niaaguirre.nd@gmail.com.

How To Make PMS Less Eventful with Nia-Avelina Aguirre • May 16, June 21, Aug. 18; 6-7:30 p.m. • There is hope for that time of the month! Take away natural options for skin breakouts, cranky attitudes, pain, ramps, and whatever else you may be experiencing. Bring daughters. $60 (includes take-home package). Call 883-7513; niaaguirre.nd@gmail.com.

Adelpha Breast Thermography • May 25, 10:30 a.m.-4 p.m. • Participants can experience a noninvasive breast imaging technique that is the safest, earliest detection of functional psychological changes in the breast tissue. It measures heat emissions and displays them for computer analysis with no contact, compression, or pain. $165. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Womenspirit

***The Other Side of the Door* Retreat with Patricia Fero • June 24-26** • This retreat focuses on an upcoming book called *The Other Side of the Door,* which will assist participants in developing ability to create connection with loved ones on the other side. $150 plus B&B costs. Call 717-8384; patriciamfero@gmail.com or patriciafero.com.

The Center for Women's Empowerment with Marjorie Farnsworth, Carole Florence, Leslie Butler, and Mary Riewer • Ongoing classes • Classes offered include shamanic healing, basic home repair, natural healing, Reiki, yoga, estate planning, and real estate contracts. Cost varies by class. Call Marjorie at 545-8990; cwe201647@yahoo.com or c4womensempowerment.com.

Writing and Poetry

Crazy Wisdom Poetry Series at Crazy Wisdom Tearoom, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

Second Wednesdays: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

May 25 • Donald Levin is author of the Martin Preuss mystery series; a novel, *The House of Grins*; two poetry chapbooks; short fiction and poetry; and articles on film and composition. Professor emeritus of English and retired dean of faculty at Marygrove College, he lives in Ferndale with his wife, artist Suzanne Allen.

June 22 • R. J. Fox, a graduate of U-M, has been published in over 30 literary magazines. He teaches at Ann Arbor's Huron High School, where he uses his own writing dream to inspire his students to follow their own dreams. His website is www.foxplots.com. Follow him on Twitter @foxwriter7.

July 27 • Jennifer Feeley has had her poetry and translations from Chinese published in *Field, Epiphany, Tinfish*, and in anthologies. She translated *Not Written Words: Selected Poems of Xi Xi* (2016). Xi Xi is one of Hong Kong's most prolific authors; this is the first book of her poems translated into English.

[No 4th Wednesday reading in August.]

Yoga

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

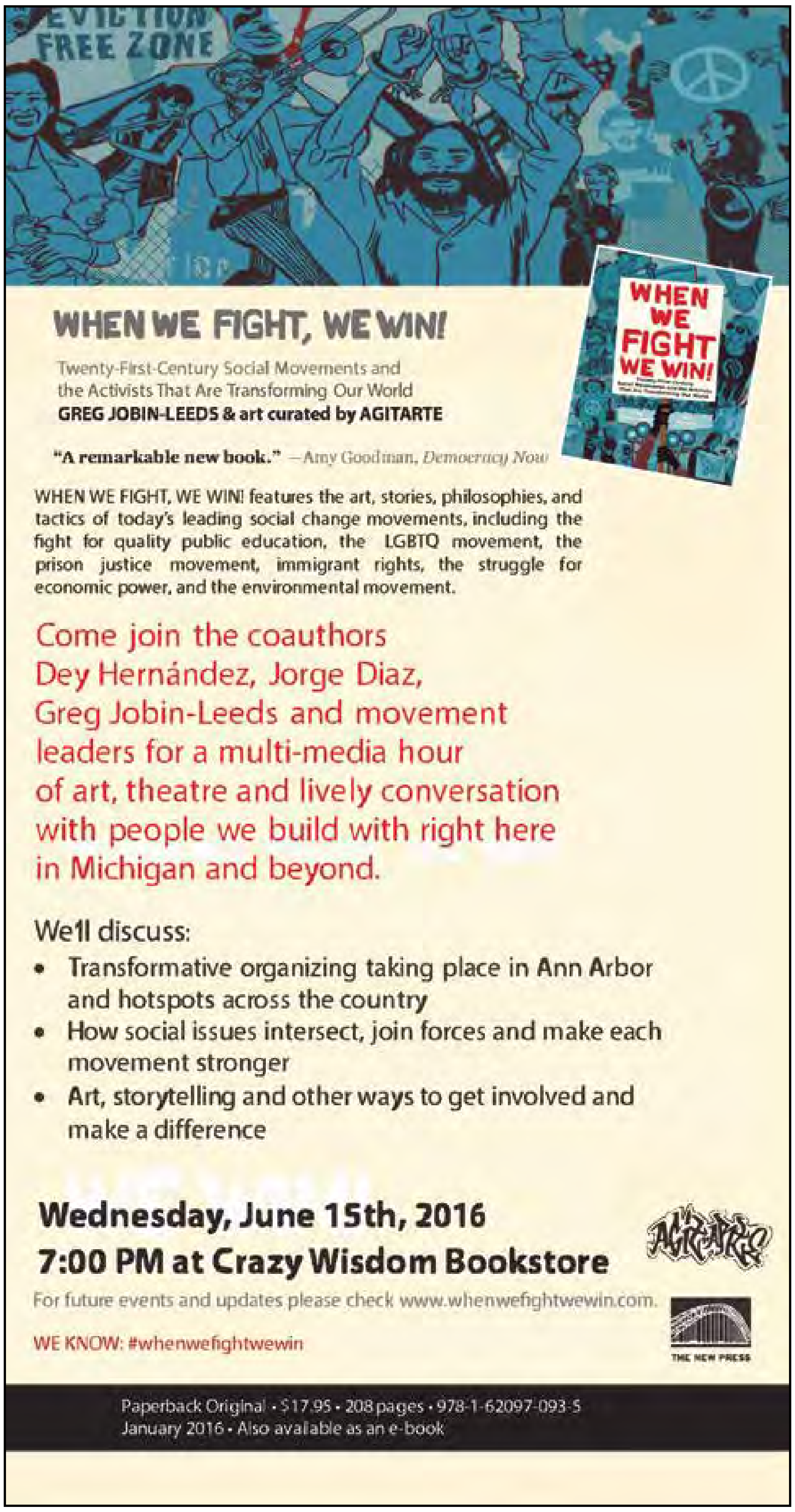
Yoga for Athletes with Michele Bond • Wednesdays, 6-7:30 p.m. • This class provides a new method to enhance this energetic practice to increase strength, flexibility, agility, balance, and mental focus. Practice will include correct alignment to enhance joint function, decrease the risk of injury, and aid in healing pre-existing injuries. Explore the role joy plays in peak performance in sports, in business, and on the mat. $18/drop-in with instructor permission ($14/with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Happy Hour: Basics Plus Restorative with Michele Bond • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with delicious restoratives. Feel stress melt away during candlelight practice in a peaceful setting surrounded by the inspiration of nature. $13 drop-in with reservation ($11 with six-session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system, this course teaches universal principles of alignment that are an invaluable aid to learning the postures, deepening understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun. $18 drop-in with instructor permission ($14 with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Open Level Yoga with Michele Bond • Sundays, 7:30-9 p.m.; Thursdays, 6-7:30 p.m.; Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their unique abilities and limitations in this mixed-level class, with variations offered for all levels. This method blends the science of biomechanics with an openhearted, uplifting philosophy. $18 drop-in with instructor permission ($14 with session registration). Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops. End the mixed-level practice in the full light of the new day. $18 drop-in with instructor permission ($14 with session registration). Register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.



WHEN WE FIGHT, WE WIN!

Twenty-First-Century Social Movements and the Activists That Are Transforming Our World

GREG JOBIN-LEEDS & art curated by AGITARTE

"A remarkable new book." —Amy Goodman, *Democracy Now*

WHEN WE FIGHT, WE WIN! features the art, stories, philosophies, and tactics of today's leading social change movements, including the fight for quality public education, the LGBTQ movement, the prison justice movement, immigrant rights, the struggle for economic power, and the environmental movement.

Come join the coauthors Dey Hernández, Jorge Diaz, Greg Jobin-Leeds and movement leaders for a multi-media hour of art, theatre and lively conversation with people we build with right here in Michigan and beyond.

We'll discuss:

- Transformative organizing taking place in Ann Arbor and hotspots across the country
- How social issues intersect, join forces and make each movement stronger
- Art, storytelling and other ways to get involved and make a difference

Wednesday, June 15th, 2016
7:00 PM at Crazy Wisdom Bookstore

For future events and updates please check www.whenwefightwewin.com.

WE KNOW: #whenwefightwewin

Paperback Original • $17.95 • 208 pages • 978-1-62097-093-5
January 2016 • Also available as an e-book

Yoga (cont.)

Free Yoga Classes at the Yoga Space with Yoga Space Staff • May 27, June 24, July 29, Aug. 26; 6-7 p.m. • This class is open to everyone interested in finding out what yoga can do for them and learn how to get more flexible, develop stamina and strength, and to relax. No experience is necessary and regular students are welcome; no registration needed. Free. Call Sue at 662-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg • Day, evening, and Saturday classes, May 2-Aug. 13 • Iyengar yoga will help increase focus and reduce stress with classes that balance strength, flexibility, and stamina. Classes for beginners, intermediate, and more advanced students with individualized instructions in all classes. $120 eight-week session. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yin Yoga and Sound Therapy with Mindy Nagy and Nathan Correll • May 13, 6-7 p.m. • This workshop is an hour of yin yoga, which focuses on releasing tension in the connective tissue and fascia in the body, set to a landscape of healing and energizing therapeutic sound. $15 + donation for sound. Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Yoga Out Yonder: Hiking and Yoga in the Waterloo Recreation Area with Breathe Yoga • May 14, June 11, June 25; 10-11:30 a.m.• This session combines the joys of yoga and light hiking through Chelsea's Gerald E. Eddy Discovery Center. Yoga mats and bottled water are provided with registration. Beginning and ending at the lake overlook deck, the group will walk at a steady pace, enjoying the outdoors and the company of fellow yogi hikers, then pause at intervals to work on building strength, flexibility, and balance in the fresh air. $100 for six sessions that continue through October; $20 drop-in. Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Gentle Yoga with Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays, 5:30-6:30 p.m. • Gentle yoga enables everyone to experience the mental, physical, and emotional benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes poses modified for individual needs, as well as stretches and breathing exercises to help incorporate balance and mindfulness into daily life. All levels of experience welcome. $18-$20 depending on package selection. Call Robin at 274-9482; robin@aurily.com or gyrotonictreetown.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes; Nine-week session begins April 11; six-week summer session begins June 27 • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. $18 drop-in; $15 class for session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Small yoga studio on Ann Arbor's west side offers classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. $18 class (discounts for multiple classes). Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Ongoing Classes • This is a small, supportive, non-competitive, friendly yoga studio teaching various yoga styles that focuses on individual attention to challenge you in a balanced, rejuvenating way. See website for rates. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Intensely Gentle: New Beginnings Yoga with Patty Hart • Fridays, May 6-Aug. 19, 9:30-11 a.m. • These classes are for those seeking a slower-paced class, or for those who are new to yoga, or those needing more adaptation for postures using props. $17 (discounts for five- or nine-class coupon). Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Intensely Gentle: Multi-Level Hatha Yoga with Patty Hart • Wednesdays, May 4-Aug. 24 6:30-8 p.m. • These classes are suitable for experienced students as well as newer students who are moving towards a more diversified practice. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. $17 (discounts for five- or nine-class coupon). Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Iyengar Yoga with David Rosenberg • Mondays, 6 p.m.; Thursdays, 7 p.m.; Saturdays and Sundays 10 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $95/8 classes; $105/9 classes. Call 662-6282; massage4@aol.com or aareced.com.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes; Spring Session, May 9-June 18; Summer Session, June 20-July 30 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, Ashtanga yoga, and flow classes coordinated with music. Students enjoy a large variety of classes and heated floor for winter practice. For class descriptions and fees, see ibyoga.com.

First Fridays @Breathe: AcroYoga! with Jim Gilligan • June 3, 6-7:30 p.m. • AcroYoga is a dynamic partner practice that blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a partner practice that cultivates trust, playfulness, and community. This class is an introductory lesson. $20 ($10/package holders). Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Midsummer Yoga Mala: 108 Sun Salutations with Sue Whitmarsh, Mindy Nagy, and Marie Brooks • June 20, 6-8:30 p.m. • The rhythmic practice of doing 108 sun salutations is a powerful and inspiring experience, especially when done in a group. Participants are welcome to do as many or as few as they wish. Minimum donation $10. Call Sue at 627-7558; info@breatheyogachelsea.com or breatheyogachelsea.com.

Restorative Yoga with Kashi Walters • Sundays, 4-5:30 p.m.; Thursdays, 6:30-8 p.m. • Yoga to soothe and refresh at Kashi Nivas. See website for more details. Please preregister. $12. Call 883-6947; kashi@kashinivas.org or kashinivas.org.

Hatha Yoga with Shannon Walter • Sundays, 10:30-11:30 a.m. • This class focuses on increasing flexibility, strength, and balance using tools such as asana, breath work, and relaxation techniques. $20 (discount with registration). Call 730-6729; swalter1972@hotmail.com or movewellness.com.

On May 1, 2016, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

> ***Yoga teaches us to cure what need not be endured and endure what cannot be cured.***
>
> — B.K.S. Iyengar

Fourth of July Friends and Members Weekend with Song of the Morning Staff • July 1-3 • This weekend offers fellowship, service, and fun as participants celebrate the diversity in yoga through morning hatha yoga class, karma yoga opportunities to help spruce up the ranch, a three-hour meditation, and a Saturday evening kirtan and cookout. Free. Call Justine at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

Kundalini Yoga Classes: Breath of Life with Billie Wahlen (Mohinder Singh) • Tuesdays, July 5-Aug. 9, 7-8:30 p.m. • The breath of life is needed to live, and using it fully may help participants fully live as they are meant to: self-sensory humans, intuitive, aware, happy, healthy, radiant, and abundant. $15 session or $50 series. Call 276-6520; starbillie@gmail.com or facebook.com/kundaliniyogamichigan.

Kundalini Yoga Classes: Self Awareness with Billie Wahlen (Mohinder Singh) • Tuesdays, May 17-June 7, 7-8:30 p.m. • This class is designed to help participants learn how the yoga of awareness, if practiced with dedication, reverence, and commitment, will bring them to self-awareness. Through the practice of breathing consciously and the sacred science of yoga and meditation, participants may clear the subconscious and begin to become aware of the true self. $15 session or $50 series. Call 276-6520; starbillie@gmail.com or facebook.com/kundaliniyogamichigan.

Chi Kung (Qigong): Energy Work with Wasentha Young • Apr. 25-July 22; Mondays, 9-10 a.m., Tuesdays and Thursdays, 6-7 p.m. • This class is designed for those who feel that they could use some self-care techniques to provide an energy cleanse and revitalize their sense of well-being as it focuses on the Wild Goose Chi Kung form, which includes stretches, breathing, visualization meditations, and energy center alignment and acu-points. Registration covers all three sessions per week. $185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Purna Yoga: The Art of Loving Yourself by Living From the Heart with Janet Love • Fridays, 10:30-11:45 p.m., 12-1 p.m.; Saturdays, 9-10:30 a.m. • This form of yoga focuses on posture safety and alignment, breathing, and mind-focusing techniques combined with lifestyle and nutrition tips to create a better life. There is no need to have any experience or be flexible, as the class is custom fit to participants' needs. This yoga tradition comes from Aadil Palkhivala, who studied under B.K.S. Iyengar at the age of seven and was the youngest teacher to receive an Advanced Teacher Certificate at age 22. $15/class. First class is free. Call 989-284-1042; janloveyoga@gmail.com or janloveyoga.com.

Yoga with Zen Buddhist Temple • Six Tuesdays, beginning May 31, July 12 • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Instructors were trained by the Sivananda yoga organization and combine that experience with meditation training. Early registration recommended. $60 ($12 drop-in). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Weekly Iyengar Yoga with Erica Dutton • Wednesdays, 10:30-11 a.m. sitting meditation; 11 a.m.-12 p.m. yoga • Iyengar based asanas provide flexibility, gentleness, and strength. If possible, bring a mat and/or blanket to class. Donations welcome. Call Tana at 477-5848; info@deepspring.org or deepspring.org.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Beginning Grounding Yoga with Andrea Ridgard • Thursdays, 5:30-6:45 p.m. • In this class for all levels, participants will practice standing postures that bring energy down into the legs and leave students feeling stable, strong, and connected. The class will also practice several joint-lubricating exercises and restorative postures to bring rest and rejuvenation. $15/drop-in ($140/10 classes; $80/five classes; student and senior rates available). Contact andrea@groundedhere.com or groundedhere.com/yoga-classes.

Introduction to Adaptive Yoga for Any Body with Mindy Eisenberg • May 12, 7-8:30 p.m. at Crazy Wisdom Community Room • Participants will learn how yoga is accessible to every body both in a chair or on the mat. The class provides a sampling of adaptive yoga poses and techniques that can be used throughout the day. $10 suggested donation. Contact Mindy@yogamovesms.org or yogamovesms.org.

Holistic Yoga and Meditation Classes with Ema Stefanova • Ongoing classes • Small group classes include beginning/gentle, back health, anxiety/depression, introductory meditation, and more. Satyananda-style classes offer individual attention for participants' specific needs. See website for costs and schedule. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Crazy Cheap Yoga with Irene's Myomassology Institute • Tuesdays, Vinyasa, 5:30 p.m.; Thursdays, Slow Burn, 3:30 p.m.; Thursdays, Kundalini, 5:30 p.m. • Inexpensive yoga classes for those who want to get started with yoga, as well as those who have practiced for years. These all-levels classes can challenge advanced yogis while being modified for beginners. Classes are designed to provide happiness and balance. $5/class, $36/12 class card. Call 248-350-1400; irenes.edu.

***Lynn Sipher**, LMSW, has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. Her practice is located in Ann Arbor.*

Hatha Yoga, Mixed Level with Peachy Fitness • Thursdays, 9:30-10:30 a.m. • In this moderately-paced class, participants will use breath awareness, poses to help build strength and balance, and guided meditation to explore their edge in a relaxing and non-judgmental environment. All levels welcome. $12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.

Basic Yoga with Saundarya O'Donnell • Tuesdays, 9:30-10:45 a.m. • Using yoga postures and regulation of breath, participants will release tension from body and mind to allow balance, focus, and energy. Instructor provides individualized practice by spotting postural distortions and practicing an integrative yoga philosophy. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Therapeutic Yoga with Saundarya O'Donnell • Tuesdays, 10:45 a.m.-12 p.m. • This class will help students become comfortable in their bodies as they find relief from aches, pains, and stiffness. It is designed for the particular benefit of arthritis; shoulder rotator cuff injury; fibromyalgia; back, knee, or hip pain; cardiac care; and cancer therapy; as well as overall stress relief. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Better Backs Yoga with Saundarya O'Donnell • Mondays, 7:45-9 p.m.; Sundays, 10:30-11:45 a.m. • Students will learn to align the spine and enjoy pain-free length and flexibility by learning to relax the muscles that strain the back; increase mobility in the hips, legs, and neck; strengthen support muscles and shoulders; and develop stress-free strength without tension. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Spirited Yoga with Saundarya O'Donnell • Mondays, 6:15-7:30 p.m. • This upbeat class playfully integrates the spirit and philosophy of traditional yoga as a physical metaphor for one's daily outlook. It is designed to help participants open the mind, recharge the body, and awaken spiritual energy. $18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.**Iyengar Yoga with Kirsten Brooks • Ongoing classes •** These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. $120, regular fee, pay what you are able. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Candlelight Yoga with Peachy Fitness • Mondays, 7:30-8:30 p.m. • This all-levels class is moderately paced and lit by candlelight. The class begins with deep breathing, transitions to slow flow and seated poses, and ends with deep relaxation and meditation. $12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.

***Learn more!** The section that follows contains background information on teachers, lecturers, and the centers. It starts on on page 121.*

Food for Thought

What is My Body Telling Me?

A Psychotherapist on Intuition Versus Body Memory

By Melissa Butler

Many people think they are acting intuitively when they are actually having "body memories." This happened to me when I visited Seattle, a city I used to live in. I had positive anticipation of the trip. It felt good to step off the plane and smell the delicious evergreens and see the beauty of the landscape. Positive feelings rushed over me and I was sure I was having an intuitive "hit" that relocation was in my future.

What was actually happening was that I was merely remembering my positive experiences of the city, not getting an intuitive message. I was having a "body memory." Thankfully, I realized this was a body memory *before* I made a cross-country move!

It was not obvious to me during my trip what was going on. In fact, it was not until I attended a course that introduced the concept of body memory that I realized there is a difference between the two. Once I started to understand the subtle, but real, distinction between them, my conversations with friends and psychotherapy clients began to change. We started to become curious about messages from the body versus flashes of "knowing," and we explored our responses to both.

Melissa Butler

Recognizing a sensation as a body memory, instead of intuition, led to many "A-ha" moments and course corrections in major areas like relationships, as well as more subtle everyday decisions. Responses to body sensations changed from "I must do something about this" to "Let's explore and be curious, find out what I can learn, and make an informed decision from that point."

I have learned that, in my own body, intuition feels diffuse. There may be thoughts and body sensations — sometimes in the physical areas of the heart and gut, as major nerve centers are located there. With intuition, I have a sense that I can't explain why I know what I know. It is generally creative.

> What was actually happening was that I was merely remembering my positive experiences of the city, not getting an intuitive message. I was having a "body memory."

When I am experiencing a body memory, I may have similar thoughts or sensations in my heart or gut, but there is also a different quality, a sense of a reminder of a past experience. When I do not question these thoughts and sensations, those associations may remain unclear, and I can mistakenly believe I am being *guided* when really I am being *reminded*.

> When I do not question these thoughts and sensations, those associations may remain unclear, and I can mistakenly believe I am being *guided* when really I am being *reminded*.

I was so excited about this understanding that I wanted to share what I had learned with more people! This task quickly became very difficult. When I went to the published research literature to define intuition, I was blasted by the paucity and incongruity of definitions, despite the increase in intuition-based research in the last 15 years.

Nursing journals talk about intuition as being a rapid and largely unconscious data collection process based on past experiences and knowledge, occurring in the cortex area of the brain. Authors and researchers like Dan Siegel talk about intuition as the action of the nerve plexus in the heart and gut sending messages to the brain, which arrive close to decision-making and emotional regulation centers.

Other authors talk about intuition being an unconscious process, trained by one's familiarity with a subject and a knowledge of patterns, a sort of well-tuned prediction process, based on experience.

Social work and medical journals talk about the importance of intuition in clinical work (and it has been considered impactful since the inception of the practice, beginning with Sigmund Freud and Carl Jung), yet those same sources quickly state that intuition is an unknown process that is not defined. This is an awkward position for the state of the science on intuition!

Bringing many ideas together, I derive intuition to be a quick and unconscious process, utilizing past experience and a variety of internal resources to make decisions.

Body memory, on the other hand, is well defined in trauma literature by authors and researchers such as Bessel Van der Kolk and Janina Fisher. Body memory is a process by which the body creates an implicit or procedural memory of an experience. This kind of memory is generally without a narrative story attached to it and is experienced as body sensations. That memory is recalled by the body when faced with a similar or related situation, such as my trip to Seattle, or the pleasant experience of smelling warm apple pie or freshly baked bread that could be associated with one's caring grandmother.

Of course, body memory may not always be pleasant; it could be painful and experienced as muscle cramps or digestive issues. Painful body memories could also come with strong, procedurally learned thoughts and emotions.

> When I went to the published research literature to define intuition, I was blasted by the paucity and incongruity of definitions, despite the increase in intuition-based research in the last 15 years.

To experientially understand the difference between these two types of perception requires more than ferreting out definitions. It is a process of understanding your own psychology, mind, perceptions, body, emotions, and sensations. In working both on my own and with others on this process, I have come to understand that the question of what is happening ("Is it intuition or body memory?") is less important than utilizing patience and discernment in relating to the truth of your experience.

It may not always be necessary to know how to explain a process (e.g., defining the elusive intuition experience), as much as to understand what the outcomes are saying. By opening up this question, we are inviting curiosity and wonder as partners in discernment, as opposed to automatic responses.

In my case, understanding body memory versus intuition has not only impacted where my geographical home base should be, but has informed most of my decisions thereafter, most of the time.

Melissa Butler, MS, LLP, has a mindfulness-based psychotherapy practice in Ann Arbor and can be contacted at mindfulsolutionsannarbor@gmail.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition and is channeled through Barbara Brodsky.

Linda Adamcz, MSW, Certified Practitioner of Integrative Breathwork, is an individual therapist and has been a group facilitator in the mental health field for over 27 years.

Nia-Avelina Aguirre, ND, is a board-certified Doctor of Naturopathy with offices in Ann Arbor and Chelsea. She has been in the natural health, fitness, and wellness profession since 1982 and also offers bodywork and energy therapies.

Lillian Anderson is a registered dietitian and culinary professional with extensive experience teaching culinary arts to both children and adults.

Ann Arbor Community Acupuncture offers acupuncture on a $20-$40 sliding scale in order to provide an affordable and effective alternative health service to everyone.

Ann Arbor Kirtan Community supports over 500 members in the greater Ann Arbor area.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

Ann Arbor Karma Thegsum Choling was founded in 1978 by Ven. Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra, set of HH 17th Karmapa in North America.

Robert Auerbach is a certified Advanced Practitioner of Rolf Structural Integration who studied with two of Ida Rolf's senior proteges and has been in practice for 19 years.

Diane Babalas, DC, applies the concepts from the chiropractic model Bio-Geometric Integration (BGI). She has been the student of Dr. Sue Brown, BGI's founder, since 1998 and graduated from the BGI Academy of Mastery in 2013.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy practitioner and Kripalu yoga teacher. She has taught connected breathing for over 20 years, has been a Certified Transformational Breath Facilitator since 2004, and has been a Senior Trainer with the Transformational Breath Foundation since 2006.

Liza Baker is a certified Integrative Nutrition Health Coach and is the chef/owner of Simply: Home Cooking. She is also a kitchen organizer who teaches her clients the "fl!p your k!tchen" system to learn to regularly cook 21 meals a week from scratch.

Brett Bashawaty is the director of Good Herb company and owner of Good Herb and Youngevity retail store in Royal Oak. He has 25 years of experience with herbal preparations.

Dana Casey *is the owner of Dana Casey Design. She offers design services as well as Feng Shui consultations. She received degrees from The Institute of Merchandising and Design at Michigan State University and The Western School of Feng Shui.*

Bob Bedard, PhD, is the author of five books on happiness with 25 years teaching and speaking about the Intrapersonal Happiness Theory to individuals and in workshops.

Deanne Bednar, MA, has worked in natural building including strawbale, earth plaster, rocket stoves, earth oven, foraging, and thatching since 1996. She is the illustrator of *Hand-Sculpted House, The Natural Plaster Book* and *The Cobbers' Companion.*

Linda Steinborn Bender, ACSW, LMSW, has worked with families at Chelsea Hospital and Arbor Hospice and Palliative Care and in private practice for over 30 years.

Leslie Blackburn, MS, brings years of experience as well as a diverse background into her work as a sacred sexual healer and transformational guide.

Laurie Blakeney is a Certified Advanced Iyengar Yoga Teacher teaching yoga locally since 1977 and is the director of the Ann Arbor School of Yoga.

Kathy Bloch has studied Tarot since 1980 and has actively done readings since 1995.

Carole Blotter has been practicing Insight (Vispassana) Meditation since 1989 and teaching since 1999. She is a teacher of The Forest Way, an organization dedicated to providing retreats conducive to spiritual growth that is balanced and integrated.

Susan Bloye, BFA, MEd, has a visual arts background with 30+ years teaching visual and healing arts.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Brandy Boehmer is a National Board Certified Colon Hydrotherapist and Holistic Nutritionist at Bio Energy Detox Center.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

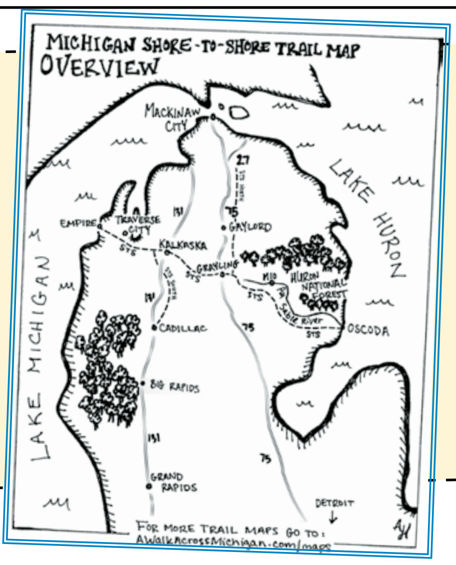
Tammy Braswell helps others to expand beyond living for everyone else towards loving the self and taking charge of one's own life.

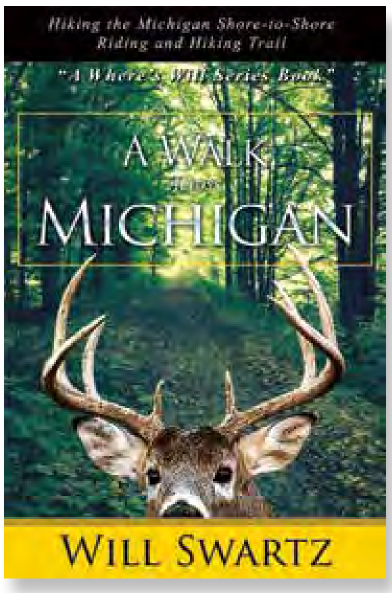
The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Walking Across Michigan:

A Brief Conversation with Author Will Swartz on His Experience Hiking the Michigan Shore-to-Shore Trail

By Rachel Pastiva




Hiking the Michigan Shore-to-Shore Riding and Hiking Trail
"A Where's Will Series Book"
A WALK ACROSS MICHIGAN
WILL SWARTZ

Will Swartz has been a teacher, librarian, school administrator, coach, trainer, and salesman, and now adds writer to this list with the publication of his first book, A Walk Across Michigan: Hiking the Michigan Shore-to-Shore Riding and Hiking Trail. The book follows Will from Lake Huron to Lake Michigan as he explores the history of Michigan, the hiking trail, and his options for the next chapter of his life. He is the father of five children, grandfather to four grandchildren and lives with his wife in Canton, where he is hard at work creating additional resources for hikers interested in the STS Trail.

Rachel Pastiva: How did you first learn about the Michigan Shore-to-Shore Trail (STS) and what intrigued you about it that made you want to conquer it?

Will Swartz: *I learned about the Shore-to-Shore Trail from searching online for information about trails in Michigan. There wasn't much about it online so I turned to county map books and recreation maps. Like lots of people, I love the idea of doing a longer hike like the Appalachian Trail, but I never really had 5-6 months of my life to do it. This seemed like a reasonable way to try something longer with a well-marked trail, close to home, beautiful scenery, etc.*

RP: You took on the adventure of hiking the STS during a potentially pivotal point in your life — when you were contemplating retirement. In the introduction you say "embarking on a journey into the great outdoors seemed to me to hold the promise of great insight and learning." What was your inspiration for taking on this hike as a means to help make such an important decision?

"Like lots of people, I love the idea of doing a longer hike like the Appalachian Trail, but I never really had 5-6 months of my life to do it."

Will Swartz: *The idea of hiking from one side of Michigan to the other sort of grew from an article I read somewhere that talked about the most productive decade for men being their 60s. I wanted to do something that would mark the start of that decade for me in an epic way — something I would look back on and say, "Wow, I did it!" Sixty just happened to also be the first year that I could retire from my career as an educator with a pension. I'd also grown restless in a new job assignment that didn't seem to fit my career goals. I'd given myself two years to take on the new challenge. I'd learned and grown a lot from it and done some good work with students. There were great people to work with, but it was not a good use of my skills, talents, or passion.*

RP: How do you think walking in the woods helped clarify what your next step in life would be?

Will Swartz: *When you are hiking on a trail like the STS in the wilderness, that's all you are doing. It's quiet, peaceful and you have time to just detach from the normal daily routine. I was hiking by myself most of the time so I was alone with my thoughts and with long periods of time to contemplate all the factors that were tugging at me.*

RP: Your family plays a big role in your hike; hiking parts of the trail with you, or camping during the hike. How do you think your experience would've been different if you had taken on the trip solo?

Will Swartz: *It would have been more difficult for sure, especially without my wife Kate. Having someone else to share the load of the everyday chores (shelter, water, food, fire, etc.) makes it more enjoyable. Sharing the experiences of the hike gave me an opportunity to build a stronger relationship and bond with my wife and kids. I spent 5 days hiking by myself and, although I enjoyed the chance to be alone for a while, I think it's a lot more fun to go with other people.*

RP: What do you hope people will take away from reading your book?

Will Swartz: *A sense that they did virtually hike the STS from one side of Michigan to the other. Some info/knowledge about some of Michigan's little known/forgotten history. That they had a fun time, enjoyed a diversion, were entertained, informed/educated. Made them think deeper about what's important for them to accomplish/do/be. I also hope they are inspired to take on something epic in their life.*

"I wanted to do something that would mark the start of that decade for me in an epic way — something I would look back on and say, "Wow, I did it!"

RP: In addition to the book, you have created an interactive website and are planning to create trail maps for hikers. Can you speak more on these and other future *Where's Will* books you are planning in the series?

Will Swartz*: A second book, Section by Section Guide, is about 70 percent finished — for people who are planning to actually hike the trail. A set of trail maps, designed by hikers for hikers, are almost finished. They are a set of 18 4x8-inch strips with a map section of a 1 to 2-day hike on one side and a trail description on the other. They are waterproof with a sleeve and lanyard to put them in that you can carry around your neck for easy access. Kate and I are planning to hike the north/south STS Trail route from Cadillac to Mackinac this summer — there will be a book about that. Also, I just accepted a position teaching in Qingdao, China, for a year and plan to hike some trails and maybe even part of the Great Wall! A Walk Across China seems possible?!*

"When you are hiking on a trail like the STS in the wilderness, that's all you are doing. It's quiet, peaceful and you have time to just detach from the normal daily routine."

RP: Can you recommend any closer hikes to readers who may be inspired to get out in nature but don't have the time to embark on the STS?

Will Swartz: *Sure. The Waterloo-Pinckney hiking trail is not far from the Ann Arbor area. It is a part of the Potawatomi Trail System that has miles of trails and some campgrounds. Hiking Michigan by Roger Storm and Delorme's atlas and gazetteer of Michigan are also great resources.*

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A Walk Across Michigan: Hiking the Michigan Shore-to-Shore Riding and Hiking Trail is available at Crazy Wisdom Bookstore for $14.95. For more information on Will Swartz and the STS, visit awalkacrossmichigan.com. On Tuesday, May 24, there will be a book signing with Will at Crazy Wisdom.

Teachers, Lecturers, Workshop Leaders and the Centers

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center practicing meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Anna Byberg, LMSW, CAADC, is the Program Coordinator for Dawn Farm Spera Recovery Center.

Roland Calvert, OSFS, is a memer of the Oblates of St. Francis de Sales. He taught for 22 years and served as chaplain at the Adrian Dominican Motherhouse for 22 years. He has visited every part of the Holy Land.

Kapila Castoldi, a student of spiritual teacher Sri Chinmoy, has studied and practiced meditation for over 29 years and has taught meditation throughout the midwest for over 25 years.

Atmaram Chaitanya is the director of the non-profit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier DONA doula training center, and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Jules Cobb is a therapist at Dawn Farm Youth and Family Services team.

Lori Coburn, MSW, has a 25-year psychotherapy practice specializing in spiritual counseling, mood disorder, and substance abuse. She is author of *Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free.*

Cynthia Conklin is a shiatsu practitioner with Eastern Sun Shiatsu.

Brother Ed Conlin is an addiction counselor, Detroit Capuchin Service System.

Jani Cooke is a spiritual medium.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971 and is a certified Kripalu yoga teacher and senior teacher of meditation at Deep Spring. She is also a mother and grandmother.

Raymond Dalton, MA, CAADC, is the coordinator of Dawn Farm Outpatient Services and formerly coordinated a suicide prevention hotline for the state of Kansas.

Maryann Davis, RN, CHTP, HTCP, is a Holy Fire Karuna Reiki Master and Esoteric Healing Practitioner. **Jane Perry** is a Holy Fire Usui Reiki Master.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, and education and support services for adolescents experiencing problems with alcohol/other drug use and for their families.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Joan Delaplane, OP, is a Dominican Sister of Adrian who is professor emerita of Aquinas Institute of Theology. She has 25 years experience in preaching, directing retreats, spiritual direction, and conducting workshops.

Joya D'Cruz practices individual and relational psychotherapy in Ypsilanti. She offers individual and group sessions in focusing, meditation, and mind/body integration.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan shamanism, and various Native American traditions.

Joan Ebbitt, LMSW, is a spiritual director who specializes in ministering to religious, clergy, and others in their quest to experience the divine.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Herb Stevenson, and Ana Larramendi.

Mindy Eisenberg, MHSA, ERYT-500, has taught adaptive yoga for individuals with neuromuscular conditions for over 11 years. She is the founder of Yoga Moves MS, which seeks to improve quality of life for those with MS by providing therapeutic yoga, and is the author of *Adaptive Yoga Moves Any Body*.

> *It is the supreme art of the teacher to awaken joy in creative expression and knowledge.*
>
> *—Albert Einstein*

Mariane Fahlman, OP, is a Dominican Sister of Adrian who teaches health and wellness at Wayne State University.

Jackie Farah is owner of Imagine Fitness & Yoga in Ann Arbor. **Natalie Peterson** is a personal trainer, yoga teacher, and nutrition coach, as well as the Marketing Director at Imagine Fitness & Yoga.

Marjorie Farnsworth is a clincial hypnotherapist and shamanic practitoner in Ann Arbor, as well as a PhD candidate in Transpersonal Psychology. She has been practicing shamanism for 15 years and teachers for Ann Arbor Rec & Ed and Plymouth-Canton Adult Enrichment.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Patricia Fero is the author of three books: *Mining for Diamonds, What Happens When Women Wake Up?* and *Sacred Marching Orders*. Her upcoming book *The Other Side of the Door* will be released this spring.

Catherine Fischer, MA, CPD, is a former elementary school teacher, long-time parent support group leader, birth and postpartum doula and a mother. She teaches parenting tools and has written about them for the *Crazy Wisdom Journal* Conscious Parenting Column and Blog.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum

Carole Florence is in private practice in Ann Arbor offering naturopathic healing to the community. **Grace Toth** is the owner/operator of Naturopathic Knack, a web-based naturopathic healing resource and online store.

Jerry Fouchey, BS, MA, Sp. A, is a Dawn Farm Spera Recovery Center counselor and outpatient therapist who played a major role in implementing Dawn Farm's Dialectical Behavioral Therapy program. He has extensive experience in education as a strategist, facilitator, administrator, teacher, and practitioner in the areas of educational administration, curriculum, instruction, and staff development.

Mariko Foulk, LMSW, is a psychotherapist trained in mindfulness-based therapies who has worked with those with depression and anxiety for over 20 years through U-M Geriatrics Center.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships.*

The Friends of the Ann Arbor District Library is a committed non-profit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Melanie Fuscaldo, MA, LPC, NCC, is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Cynthia Gabriel, PhD, is a doula, mother of three, and author of the book *Natural Hospital Birth*.

Susan Gale is an educator who has spent a lifetime learning about healing the mind and soul. She has been an A.R.E. lecturer applying the Edgar Cayce readings and has studied with a healer from a Navajo/Hopi reservation. She is the director of A Place of Light in Cherry Valley, MA, a safe haven for souls seeking knowledge and understanding about intuition.

Amy Garber, BA, RMT, is the director of Intuitives Interactive, a group for intuitives, indigos, and the curious, who has been offering intuitive channeled readings to the public since 2001. She has hosted biennial Holistic Psychic Fairs in Ann Arbor since 2013. She earned a teaching certificate in elementary education from EMU.

Norma Gentile is a professional singer and trained healer and channel for Archangel Michael and the Hathors. She freely offers meditations and music at her website HealingChants.com.

Nanci Rose Gerler has been offering her services as a psychic channel and medium for over 20 years.

Ann-Margaret Giovino, Jan Katz and **Alexis Neuhaus** are Sun Shen tai chi instructors and senior students of Sun Shen tai chi founder Master Sang Kim.

Jim Gilligan, RYT200, began practicing yoga in 1988 and founded AcroYoga Ann Arbor in 2012. He is Michigan's first certified AcroYoga teacher and is a certified AYfit trainer who teaches around the US and internationally.

Aura Glaser, PhD, is an author, psychologist, photographer, and dharma coyote who is the creator and original owner of Crazy Wisdom Bookstore, as well as a co-founder of Jewel Heart where she was a senior teacher for 25 years.

Robin Lily Goldberg holds certifications in Hatha Yoga, Street Yoga, Laughter Yoga, and Therapeutic Yoga. She is also a writer, reflexologist, and Reiki instructor/practitioner.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype throughout North America. She is currently a metaphysical teacher of personal and spiritual growth.

Teachers, Lecturers, Workshop Leaders and the Centers

Paulette Grotrian, MA, was trained through the U-Mass Medical School Integrative Medicine Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

David M. Hall has been studying water and its relation to human health and nutritional sciences for two decades. He is a certified permaculture designer and teacher with over 20 years of experience with intensive gardening, landscaping, xeriscaping, and permaculture in the Sonoran Desert and in Michigan.

Idelle Hammond-Sass is a trained facilitator of the Open Studio Process. She is an artist and educator who works in jewelry and mixed media. Her work is available at WSG Gallery and she runs OSP groups in the Ann Arbor area.

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, personal and spirtual guide, relationship coach, and workshop leader.

Ann Harmon has been exploring meditation and energy medicine for over 25 years in her private practice. She incorporates such modalities as integrative motion, sound healing, color therapy, selenite crystals, and a blessing presence into her sessions.

Patty Hart, E-RYT, has been teaching yoga classes, private sessions, and workshops since 1998. She specializes in adapting poses for specific student needs while maintaining a safe space for grounding and exploration within yoga practice.

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Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Carole Johannes, OP, is a Dominican Sister of Adrian, and has been involved in the ministry of spiritual direction, conducting workshops, addressing groups, and providing days of prayer and directed retreats throughout the US and beyond.

Wanetta Jones, Maryam Ali, Wasentha Young, and **Wanetta Young,** respectively mother and daughters from oldest to youngest, are a family of artists. **Wanetta Jones** was in the first class to graduate from NYC's Art and Design High School (School of Industrial Arts) in 1946 and went on to Pratt Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Kelly Kempter, RTT, massage therapist and bodyworker, is a graduate of the Myomassology Institute with advanced training and practice in Thai massage and shiatsu.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director and clinical social worker. Her own search for the sacred drew her to spend time in India and Indonesia. She is nourished by the interplay of the sacred teachings of Eastern and Western traditions.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Anthony King, PhD, is a Research Assistant Professor of Psychiatry in the Trauma, Stress, and Anxiety research group at U-M.

Amy and **Markus Koch** practice at Holistic Physical Therapy and Energy Medicine.

Arlene Kosmatka, OP, is a Dominican Sister of Adrian who is involved in the ministry of spiritual direction and retreat work.

Dave Krajovic and **Pat Krajovic** founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Lamaze Family Center Ann Arbor offers programs designed to impart a unique blend of knowledge, resources, and support to benefit families from pregnancy to preschool.

Karen Lang, NTP, CGP, is a certified Nutritional Therapy Practitioner and GAPS Practitioner. She owns Healthy Balance LLC and works with clients to customize individual eating plans to address health concerns.

Mary Ledvina, BA, MOT, is a writer, artist, and healer who journals daily.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Nancy Liebler, PhD, is a psychologist and lifelong student of Ayurveda. She is co-author of the book *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda.*

Mary Light, ND, MH, LMT, is the Director of Naturopathic School of the Healing Arts, and has provided evidence-based natural health protocols and education since 1992.

> *When I look at you, I can feel it. I look at you, and I'm home.*
> — Finding Nemo

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Cheryl Liske, OP, is a Dominican Sister of Adrian and has spent the last 20+ years as a community organizer with the Gamaliel Network, working with the interfaith community in the urban areas of Michigan. She has traveled twice to the Holy Land.

Janet Love is certified with Yoga Alliance and has over 1000 hours of teacher training, as well as a background in personal training and thai yoga massage.

Fred Luskin, PhD, is the Director of the Stanford University Forgiveness Project and author of the book *Forgive for Good*. He is an internationally-renowned scholar and practitioner of forgiveness work.

Barb McConnell, LPN, CHTP/I, is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years experience in hospital, clinical, industrial nursing/industrial management.

Patricia McDonalad, OP, is a Dominican Sister of Adrian who ministers in the graduate division of Psychology and Leadership at Siena Heights University.

Jennifer Matesa has written about health and life transformation for more than 20 years and has been writing and speaking about addiction and recovery since 2010. She has published several books, writes a popular blog, and her journalism and essays have appeared in many publications. In 2013, she was awarded a year-long fellowship with the federal Substance Abuse and Mental Health Administration.

Robert Moss is the creator and author of *Active Dreaming*, a synthesis of shamanism and dreamwork, and leads seminars online and throughout the world. His nine books on dreaming and imagination include *Conscious Dreaming* and *The Secret History of Dreaming.*

Ed Morin is a poet and former English teacher at area universities and colleges.

Dan Muir found his spiritual home at Deep Spring center in 1999 and has been teaching since 2006. He tries to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation. He is also a practicing nurse anesthetist.

Jeannine Myers and **Marin Perusek** are Eden Energy Medicine Certified Practitioners.

Joanna Myers and **Alexis Neuhaus** are disciples and senior students of the founder of Sun Shen, Master Sang Kim, and are practitioners of the Sun Shen Healing System.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Mindy Nagy, RYT200, teaches regular classes at Breathe Yoga. **Nathan Correll** is a massage and sound therapist and owner of Healing River Therapy in Ann Arbor.

Teachers, Lecturers, Workshop Leaders and the Centers

Vikki Narayan, RN, is a Certified Holistic Health Coach who works with women who want to eliminate fatigue, balance hormones, and lose weight naturally to create a body and life they love.

Bridget O'Brien is a certified permaculture designer and teacher, the Marketing Coordinator for the People's Food Co-op of Ann Arbor, and the Program Director for RootedLoveFund.org. She has over 10 years experience as an avid and sometimes professional gardner and fermentation activist.

Saundarya O'Donnell, E-RYT 500, LMT, developed Correctional Alignment Therapy based on 20 years experience with muscle anatomy (BS, Biology from U-M), therapeutic yoga, and Thai massage. She offers private CAT massage and therapeutic yoga classes. She currently studies at University of Chicago Divinity School.

Lucinda Orwell, PhD, is an integrative psychotherapist using a broad range of modalities to help people change.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Terence Palmer, PhD, is an English psychologist with a specialty in helping people rid themselves of disruptive discarnate spirit entities. He is the author of *The Science of Spirit Possession.*

Joanne Podlucky, OP, is a Dominican Sister of Adrian and Director of the Dominican Center for Religious Development. She teaches in the internship in Spiritual Direction Program.

Judy Ramsey has been an experienced, professional consultant for animal communication and interspecies counseling for ten years. She teaches three levels of communication, writes articles, and works with animals and people for better understanding of each other.

Vaidya Raj is a spiritual healer and teacher who is board-certified Ayurvedic/Alternative Medical Practitioner and Certified Spiritual Healer by the International Center for Reiki Training.

Jason Riggs can consciously channel many different levels and types of beings from crystals and nature spirits to spirit guides and Archangels.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche's command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Elizabeth (Libby) Robinson, MPH, MSW, PhD, has been practicing mindfulness meditation since 1979, was trained by Jon Kabat-Zinn and colleagues at the U-Mass, has attended 23 silent retreats, and has been teaching MBSR since 2003. She recently retired from U-M.

Mark Roby, PA-C, ND, is an author and cancer strategist who has survived one of the rarest malignancies in the world. He is also an integrative medicine expert, co-founder of the Metro Detroit Center for Attitudinal Healing, and certified physician assistant.

> *If you don't know where you want to go, then it doesn't matter which path you take.*
>
> — Alice in Wonderland

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Shannon Roznay is a chiropractor and expert in Nutrition Response Testing who enjoys teaching people of all ages how to improve health through a better diet and natural supplements.

Merilynne Rush, RN, and **Diana Cramer, MA,** are natural death educators, home funeral guides, green burial advocates, and advanced care planning consultants.

Sally Rutzky is a certified Iyengar Yoga teacher.

JeeJee Safir, MA, is a transformational coach, marketing and mindset mentor for coaches and service-based soul-o-preneurs who specializes in showing her clients how to price, package, market, and sell the gifts they're meant to share with the world.

Judy Sauer and **Mary Pomerville** have extensive experience on the food healing journey and are passionate about the potential for healing from autoimmune challenges through diet and lifestyle.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Laura Seligman, MS, is a SoulCollage facilitator, artist, and docent.

Elizabeth Shadigan, MD, is an obstetrician-gynocologist, consultant, educator, and researcher specializing in the health, safety and well-being of women.

Sandya - Sandra Shears is a channel, healer, and counselor who has practiced since 1990 as a light worker and vibrational practitioner. She is a graduate of LuminEssence's "Awakening Your Light Body" course with Sanaya Roman and Orin.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

What is a spiritual director?

A spiritual director is a person with whom you talk on a regular basis about how your spiritual journey is progressing.

The term "spiritual director" is a traditional one that does not mean someone who decides a direction for you. A spiritual director is experienced in helping you sort through your ideas and feelings about the spiritual path of your own choosing.

In sessions with a spiritual director, you get to step back, look at your life from a spiritual perspective, and focus your intention. These talks are usually scheduled once a month.

Jonathan Ellis has been an independent spiritual director for many years, in person or by phone with scores of individuals from around the country. His spiritual direction practice was full for some time and is now open to a few additional people. Jonathan's broad background includes a long association with Crazy Wisdom Bookstore where he was once a co-owner.

These spiritual direction sessions are offered on an open donation basis. People are able to work with Jonathan as long as it is of spiritual value, regardless of their changing finances.

For more information, you can find Jonathan Ellis' blog at www.blogellis.weebly.com. Feel free to call Jonathan directly: 734 761-5155. Afternoons or evenings are best times to call.

Patricia Siemen, OP, JD, is a Dominican of Adrian, and a civil attorney. Her passion is to protect the long-term ecological and spiritual health of humans and all members of the Earth community.

Anneliese Sinnott, OP, is a Dominican Sister of Adriian who is also a professor of systematic theology at Ecumenical Theological Seminary in Detroit. She participated in two trips to the Holdy Land in 2009 and 2010.

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of NCGR.

Matthew Statman, LMSW, CAADC, is the U-M Collegiate Recovery Program Manager.

Ema Stefanova, MA, E-RYT500, has been an author, healer, and yoga and meditation educator for over 35 years. She is a direct disciple of Swami Satyananda Paramahansa, the founder of the International Yoga Fellowship Movement and author of over 80 titles in the field.

Aaron Suganuma, LLMSW, is a therapist for Catholic Social Services.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

Tatianah Thunberg, RYT, a holistic psychotherapist, yoga teacher, and Thai bodyworker, is a graduate of Blue Lotus Thai workshop series in Ann Arbor.

Stephanie Tighe is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years experience healing and leading workshops nationally and internationally.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Teachers, Lecturers, Workshop Leaders and the Centers

Tree of Life Cultural Arts Studio has been sharing a variety of world music and dance with the community for ten years.

Brian M. Truskowski is a full time body worker, massage therapist, and healthy eating coach who focuses on enlightening and therapeutic work. He practices at Tranquil Being Healing Arts Studio.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past-life ascensions, cord removals, meridian clearing, quantum touch, and facilitates healing crystal arrays. She has taught classes for over ten years.

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Billie Wahlen is a Kundalini yoga teacher, KRI Certified, and RYT-200. He offers classes and workshops on sacred sound and gong meditations and does intuitive healing work in a private practice as part of the Parkway Center in Ann Arbor.

Shannon Walter has taught yoga for over 10 years in the Ann Arbor area.

Kashi Walters is the Co-Director at the non-profit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head Sun Shen Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Mother Clare Watts is an internationally-known Christian mystic.

Mark A. Weiner, MD, specializes in Internal Medicine and Addiction Medicine.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist with over 30 years experience in healing arts. She teaches the traditional Usui System of Reiki Healing after her own training with two Masters initiated by Hawayo Takata and Hiroshi Doi. She is a member of the original Usui Reiki Ryoho Gakkai in Japan.

Carisa Wilder, MSW, RAP, provides holistic psychotherapy and ayurvedic consultation at Woman Safe Health in Ann Arbor.

Debra Williams, LMT, is a board-certified, licensed massage therapist who has been providing Reiki to the community for over six years.

Eve Wilson is a natural intuitive healer and has been a trainer of healers since 1986. She specializes in personal and planetary ascension.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Joan Wolf is a longtime meditator and yoga instructor who has accepted the Five Mindfulness Trainings from Zen master Thich Nhat Hahn.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Master Wasentha Young has over 47 years of experience and received formal training in Taoist and Buddhist meditation, achieved certification in TCM and Acupressure, and has a masters degree in Transpersonal Studies.

Karlta Zarley, RN, CHTP, has 35 years experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 17 years as a professional healer and educator, providing energy work, spiritual direction, essential oil and flower essence consultations, and leading classes and retreats.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

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